

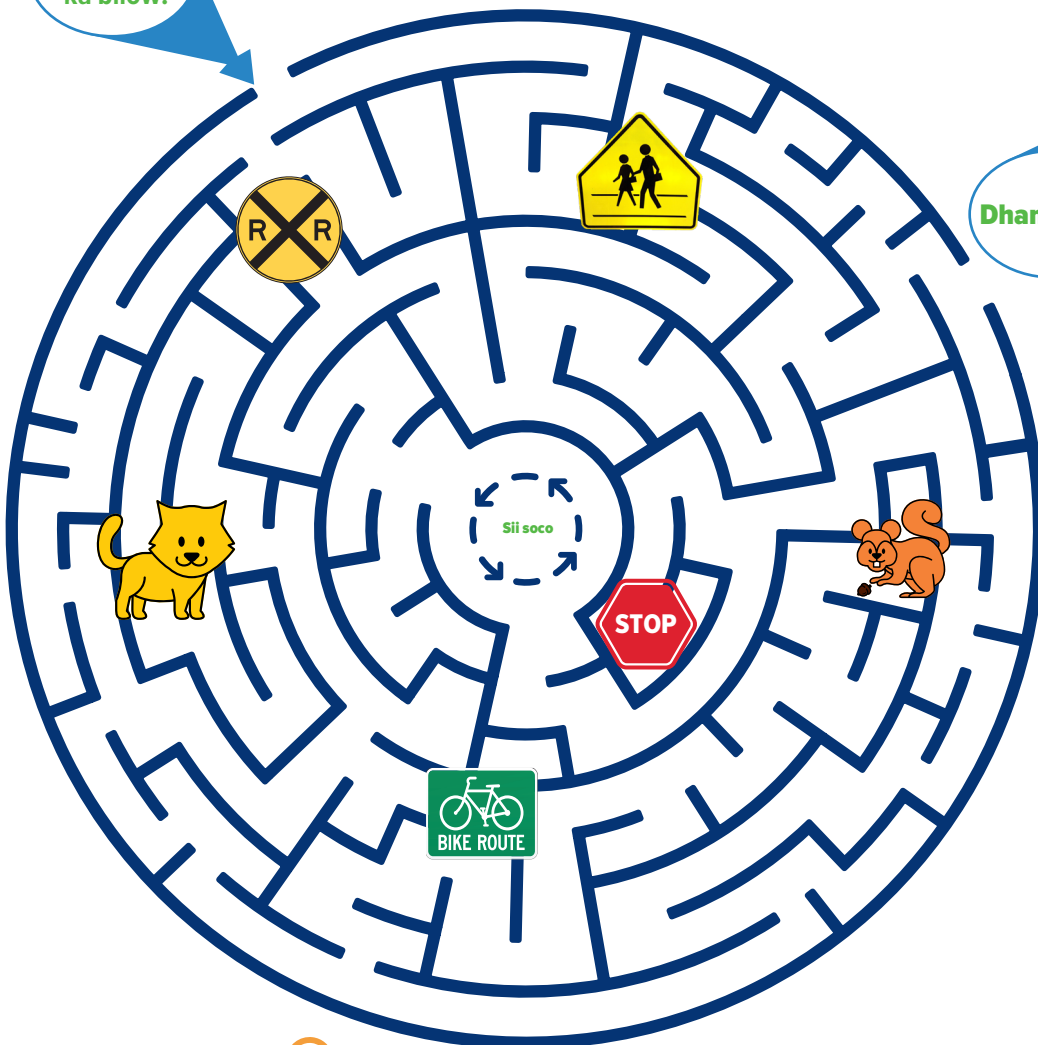
Buugga Waxqabadka Garoonka ee Ay Carruurta Ku Bartaan Jidadka iyo Xeerarkooda

Ku ciyaar si aad ugu barato ammaanka waddooyinka!

Hel jidka aad ku tageyso Garoonka ay Carruurta Ku Bartaan Jidadka iyo Xeerarkooda!

Ma tagi kartaa Garoonka ay Carruurta Ku Bartaan Jidadka iyo Xeerarkooda adiga oo aan ku dhicin jidgooyo ama wax ku xannibaya?

Halkan ka bilow!



Dhammaad

Waad sameysay!



Garoonka ay Carruurta Ku Bartaan Jidadka iyo Xeerarkooda waa goob ay ku yaallaan jidad yaryar ah oo lagu ciyaaro oo loogu talagalay in ay carruurta ku bartaan kuna qaataan tababarka xirfadaha lugeynta, baaskiil-wadashada, iyo mooto laba-lugoodley wadastada ee ammaanka ah. Baabuur dhab ah looma oggola!



Ka raadi madadaalo badan iyo goobaha Garoonka ee ay Carruurta Ku Bartaan Jidadka iyo Xeerarkooda CityofTacoma.org/SRTS



SCAN ME





Sideebay jidka uga gudbaan dadka lugeynaya?



Ku tababar-qaado qaafiyaddan marka aad joogto Garoonka ay Carruurta Ku Bartaan Jidadka iyo Xeerarkooda iyo marka aad ku lugeynayso xaafadaada si aad u xasuusato sida ammaanka ah ee jidka looga gudbo.



Istaag mar kasta oo aad joogto jidka qarqiisa.

Madaxaaga isticmaal cagahaaga ka hor.



Hubso in aad cod kasta maqasho.

Eeg bidix, eeg midig, hareerahaaga oo dhan fiiri.



Ka waran haddii uusan jirin hareer-socod? Soco adiga oo ku soconaya dhanka ay gaadiidka ka imaanayaan!

Ka Caawi Devin Darawalka in uu Guriga Si Ammaan ah Ku Yimaado

Qor waxa qofka gaariga wada ay tahay in uu sameeyo marka ay arkaan calaamadahan taraafikada ee ku dhinaca yaalla. Ka-dibna la imaaw buuggan waxqabadka Garoonka ay Carruurta Ku Bartaan Jidadka iyo Xeerarkooda ee degaankaaga oo tiri inta calaamadahan ama astaamahan ka midka ah ee aad aragto. Lambarka ku qor.

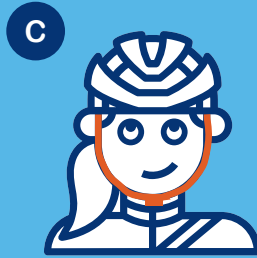
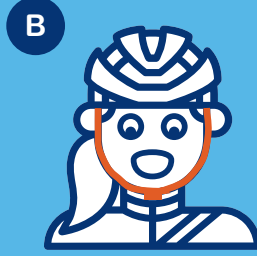
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Eeg Koofiyadaada Adag



Ilaali maskaxdaada caqliga badan leh! Samee hubinta "Indhaha, Dhegaha, Afka" ka hor inta aadan wax wadin.

Tallaabooyinka ku aaddi sawirka saxda ah adiga oo sawirraya xariiq u dhaxeeya kuwa iswaafaqsan.



Indhaha

Baar.

Ma arki kartaa qarka koofiyadaada adag?

Dhegaha:

Xiro suumanka koofiyadaada adag.

Ku samee qaabka "V" ee xargaha dhegahaaga hoostooda?

Afka

Dheh Ahhh!

Xariga ku xiran gerkaaga miyuu dhuuqsamaa marka uu afkaaga furan yahay?

Isticmaal Baaqyada Gacanta

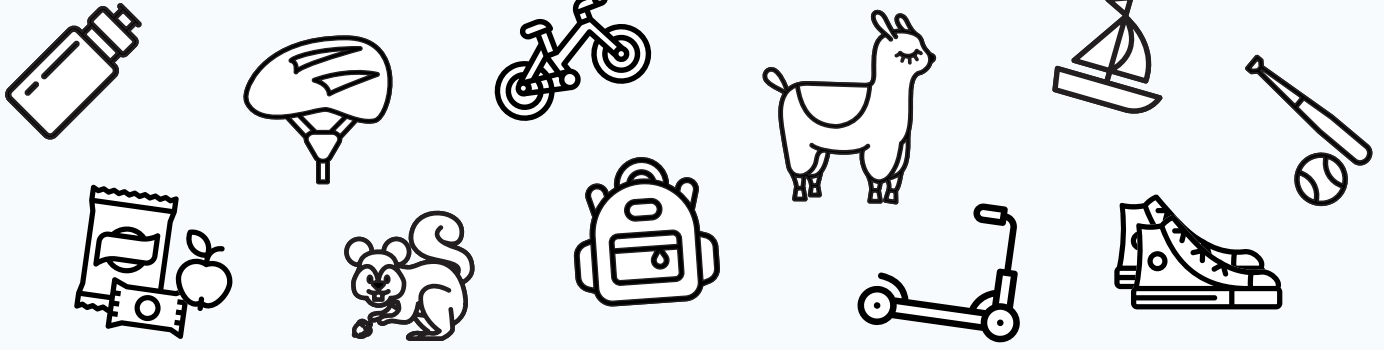
Baaqyada gacanta waxay dadka kale ee hareerahaaga ku sugan u sheegaan halka ku xigta ee aad u socoto. Tani waxay gacan ka geysaneysaa in qof walba ammaankiisa la sugo!

Bal qiyaas in aad ardeygan gadaashiisa baaskiil ku wado. Ku calaamadee sawir kasta waxa ay u badan tahay in ardeygan uu sameeyo: Istaag, Midig u Leexo, ama Bidix u Leexo.



Waxa Lala Imaanayo

Goobo-geli ama midabee walxaha aad la imaaneyso ama aad ku xiraneyso
Garoonka ay Carruurta Ku Bartaan Jidadka iyo Xeerarkooda.



Wax aad baratey

Calaamad sax ah saar xirfad bedqab kasta ee aad ku baratey buuggan waxqabadka iyo waxa aad
ku sameyn doonto Garoonka ay Carruurta Ku Bartaan Jidadka iyo Xeerarkooda!



Sida ammaanka ah ee jidka looga gudbo

Halka lagu socdo haddii uusan jidku lahayn hareer-socodka ay dadka lugeeya maraan



Sida habboon ee aan u xiranayo koofiyadeyda adag aniga oo adeegsanaya hubinta "Indhaha, Dhegaha, Afka"

Sida loo gudbiyo tartiib u soco, joogso, iyo leexo adiga oo adeegsanaya baaqyada gacanta



Waxa dadka baaskiilka wata iyo kuwa baabuurta wata ay u baahan yihiin in ay sameeyaan marka ay arkaan calaamadaha iyo astaamaha taraafikada

Hadda oo aad baratey xirfadahan, kaalay oo ku ciyaar kuna tababar-qaado Garoonka ay Carruurta Ku Bartaan Jidadka iyo Xeerarkooda adiga oo la joogo saaxiibadaada iyo qoyskaaga!

Buugga waxqabadka waxay Magaalada Tacoma ka soo qaadatey buug asal ah oo ay diyaarisay Magaalada Hillsboro. Asalka waxaa suurageliyay taageero laga helay Oregon Metro, Alta, iyo Maamulka Gaadiidka Federaalka. Waxaa lagu daabacay taageero laga helay:



TRAUMATIC BRAIN INJURY
Strategic Partnership Advisory
Council of Washington State



Washington State
Department of Social
& Health Services

Transforming lives

(Somali)

Bogga 1 - La imaan: caaga biyaha, boorso, kabaha teenska/kabo suul-xiran, cunto fudud, baaskiil ama mooto laba-lugoodleji, iyo koofiyad adag.
Bogga 2 - Calaamadaha: 1. Si buuxda u istaagi, 2. Iska-jir dadka waddada ka gudba, 3. Waxaad galeysaa soone iskuul, Aayur u soco oo iska-jir qoysaska 4. Gaariga ku wad 20 mph ama wax ka yar, 5. Aayur u soco oo u dhiigat-garow in aad ka jooiso dadka lugeynaya.
Bogga 3 - Koofiyad Adag: A: Dhegaha, B: Afka, C: Indhaha
Bogga 4 - Koofiyad Adag: A: Bidix u leexasho, B: Midig u leexasho, C: Tartiibin ama Joojin.
Bogga 5 - Calaamadaha: A: Bidix u leexasho, B: Midig u leexasho, C: Tartiibin ama Joojin.

qawab