



Cimilada Qabow

Duufaanada jiilaalku waxa isku jiri karaan baraf dhexdhexaad ah oo socda dhawr saacadood ilaa xaalad duufaan baraf oo xoogan (blizzard) oo leh baraf dadka indho-tiraya, oo dabayshu wado ama ah roob baraf oo socda dhawr maalmood. Wakhtiga diyaar la noqdo waa ka hor inta aan barafku soo dhicin ee barafka adagi sameysmin.

Isu diyaarinta duufaanada jiilaalka

- Raadyahaaga ama telefishanka ka dhegayso saadaasha duufaanada jiilaalka iyo war kale.
- Gurigaaga u diyaari cimilada qabow. Ku rakib daaqadaha duufaanka. Dufka/buushka qabowga celiya (insulation) ku rakib derbiyada, saqafka hoostiisa (attics) iyo meelaha cidhiidhiga ah. Wax ku duub tuubooyinka, gaar ahaan kuwa u dhow derbiyada dibadda, ama mara saqafka hoostiisa ama meelaha cidhiidhiga ah. Hagaaji meelaha daloola ama biyo soo daynaya ee saqafka, agagaarka albaabada iyo daaqadaha.
- Hayso dharka ku haboon xilliga qabowga.
- Haddii aad haysatid kulayliye ku shaqeeya kiroosiin, kulayliyaaga shidaal ku sii dibadda guriga oo xusuuso inaad ugu yaraan ka fogeysid saddex fiit waxyaabaha leh olol.
- U hubso in goobtaada dabka lagu shido ay si sax ah u shaqeeyo.
- Hayso milixda jidka lagu daadiyo (rock salt) iyo ciid si looga hortago silbashada barafka.
- Soo buuxso taangiga bensiinka ama baatrootka ka hor inta aan barafku bilaabin soo dhicista.

Inta lagu jiro duufaan jiilaal

- Xidho dhawr lakabyo oo ah dhar nafis ah, oo miisan yar, oo diiran halka aad ka xidhan lahayd hal lakab oo ah dhar culus. Xidho gacmo-galisyo faruhu meel ku wada jiraan (mittens) halka aad ka xidhan lahayd gacmo-galis far kasta gaar meel u galayso (glove). Xidho koofiyad diiran oo suuf ah.
- Marka aanay lagama maarmaan ahayn ha kaxeyn baabuur.
- Hoos u dhig heerkulka gurigaaga si aad u madhxisid shidaalka.
- Kululee kaliya aagga gurigaaga ee aad isticmaalaysid. Xidh albaabada iyo daahyada ama daaqadaha iyo albaabada ku dabool busteyaal.
- Hababka kululaynta ee beddelka ah si ammaan ah u isticmaal. MARNNA ha isticmaalin giriil ku shaqeeya gaas ama dhuxul, girgire (hibachi) ama kulayliye ku shaqeeya 'propane' oo la qaadi karo si aad gudaha guriga wax ugu karsatid ama u kululaysid gurigaaga.
- Marna koronto-dhaliye ha ku isticmaalin gudaha guriga ama gudaha geerash ama goob baabuur lagu xereeyo.
- Taxadir marka aad majarafad/badiil ku guraysid barafka. Ha dhaafin awooddaada.
- U hubso inaad si joogto ah wax u cuntid. Cuntada waxa laga helaa kalooriyo joogteeya kulka jidhka.

- La soco calaamadaha dhaawac barafobid (frostbite) iyo hoos-u-dhac kul jidh (hypothermia) — oo ah hadal isku-darsan, dayow/asqow, gariir/jareyn aan la xukumi karin, kufid, hurdo-hurdo iyo kul jidh oo ah 95 darajo Fahrenheit ama ka yar.
- Haddii aad go'doon ku noqotid dibadda, dabaysha ka jeedso ama meel ka gal oo iska ilaali qoyaanka. Dhiso cariish aad meel ku qabatid ama god baraf haddii aanad wax kale heli karin. Ha cunin barafka; waxa uu kugu sii kordhin doonaa dhaxanta.
- Gudaha soo gali eydaada iyo bisadahaaga marka ay jirto cimilo qabow.

Gudaha baabuurkaaga

- U hubso in qof kale yaqaano meesha aad tagaysid. Ku jir wadooyinka waaweyn.
- Haddii ay qasab noqoto inaad joogsatid, ku jir gudaha baabuurka. Isticmaal calan masiibo oo iftiimiya ama ama nalalkaaga halista si aad dadka ugu soo jeedisid baabuurkaaga.
- Haddii duufaan baraf uu ku go'doomiyo ama ku joojiyo, tuubada naqaska saarta ee xagga dambe ka qaad wixii afkeeda xidhaya ka dibna injiinka ama matoorka iyo kululeeyaha shid 10 daqiiqadood saacad kasta. Wax yar fur daaqadda.
- Inta lagu jiro habeenkii, ha kuu daarnaado nalka gudaha ee baabuurka si shaqaalaha gurmaddu u arki karaan baabuurkaaga.
- Baabuurka ku hayso xidhmo alaab ah oo kediska ama degdegga loogu talagalay. Ku dar kayd biyo oo ah saddex maalmood iyo cunto aan xumaanaynin oo la cuni karo iyada oo aan la karin. Ku dar buste ama boorsada seexashada (sleeping bag) oo ah halkii qof kasta, toosh/karbuuno, teleefonka gacanta, majarafad/badiil, kiish ah ciid ama xashiishka loo dhigo bisadda, xadhkaha kicinta baabuurka (booster cables), iftiinka digniinta (flare), daasad kafee oo leh dabool iyo waraaqaha musqusha.



PO Box 47890
Olympia, WA 98504-
7890

Bogga Internetka:
www.doh.wa.gov

360-236-4027
(800) 525-0127

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