

# KA HORTAGGA

## XAALADDA TOOGTAHA FIRFIRCOON

- La soco agagaarkaada iyo halista suurtoalka ah
- Xasuuso labada meel ugu dhaw ee laga baxo dhismo kasta aad soo booqatid
- Haddii aad ku sugan tahay gudaha xafiis, joog meeshaada kaddibna xer albaabka
- Tallada ugu dambeyso, iskuday in aad dhulka dhigtid toogtaha firfircoon

*La xariir maamulka dhismahaada ama waaxda ilaha aadanaha si aad u heshid warar dheeraad ah iyo tababar ku saabsan sida loogu jawaabo toogtaha firfircoon goobta aad ka shaqaysid.*

**WAC 911 MARKA AY AMMAAN  
TAHAY IN AAD SIDAAS SAMEYSID**

# SAWIRKA

## TOOGTAHA FIRFIRCOON

Toogtaha firfircoon waa qof si firfircoon uga qeybgala dilka ama iskudaya in uu dad ku dilo meel kooban oo lagu badan yahay; caadi ahaan loo adeegsado hubka xabbada ka dhacdo.

## SIFOOYINKA LAGU YAQAAN

### XAALADDA TOOGTAHA FIRFIRCOON

- Dhibaneyaasha waxaa loo xushaa si aan kala sooc lahayn
- Marka dhacdada aan la saadaalin karin kaddibna dhakhso isu badbadasha
- Badanaa hirgelinta sharciga waxaa laga rabaa in ay soo gabogabeeyaan xaaladda toogtaha firfircoon



# SIDA LOO JAWAABO

MARKA TOOGTAHA FIRFIRCOON KU  
SUGAN YAHAY MEEL KUU DHAW

## 1. OROD

- Maskaxda ku haay jidka iyo qorshaha aad ku baxsatid
- Gadaal ku dhaaf waxyaabaha aad leedahay
- Ha la arko gacmahaada

## 2. DHUUMO

- Ku dhuumo meel uusan kaa arki karin toogtaha
- Waxyaabo ku dadab meesha laga soo galo meesha aad ku dhuumatay kaddibna xera albaabada
- Aamusi telefoonkaada gacanta iyo/ ama baajarka

## 3. DAGAALAN

- Tallada ugu dambeyso iyo marka naftaada ku jirto halis degdeg ah
- Iskuday in aad itaal darreysid toogtaha
- Ku dhaqaaq in aad jir ahaan weerartid adiga oo waxyaabo ku tuura toogtaha firfircoon

**WAC 911 MARKAAY AMMAAN  
TAHAY IN AAD SIDAAS SAMEYSID**

# SIDA LOO JAWAABO

MARKA HIRGELINTA SHARCIGA TIMAADO

- Is xassili, adiga oo raaca tilmaamaha
- Hoos u dhig waxyaabaha aad gacanta ku haysid (sida boorsooyinka, jaakooyinka)
- Kor u taag gacmaha iyo fidi faraha
- Ha la arko gacmahaada mar kasta
- Iska ilaali in aad dhakhso u dhaqaaqdid dhanka saraakiisha, sida in aad iyaga qabsatid si aad u heshid ammaan
- Iska ilaali in aad farta ku fiiqidid, ooysid ama qeylisid
- Ha istaagin in aad saraakiisha weydiisatid kaalmo ama tilmaan marka aad baxsaneysid

## MACLUUMAADKA

WAA IN AAD SIISID HIRGELINTA  
SHARCIGA AMA HAWL WADEENKA 911

- Meesha uu ku sugan yahay toogtaha firfircoon
- Tirada toogteyaasha
- Sifeynta jirka toogteyaasha
- Tirada iyo nooca hubka ay haystaan toogteyaasha
- Tirada dhibbaneyaasha suurtoogalka ah ee meesha ku sugan