



U DIYAARGAROW

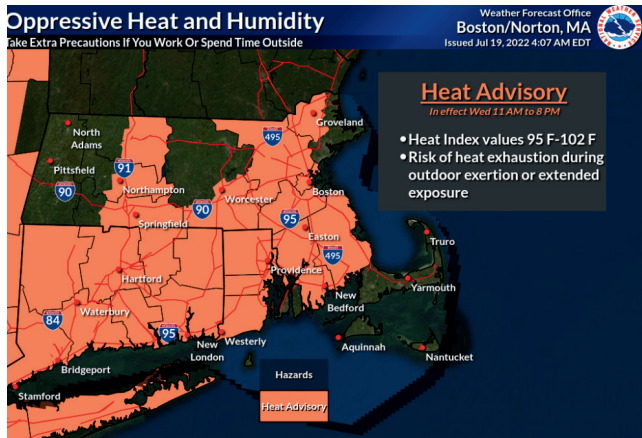
# KULEYLKA DARAN

Caasimada waxay la kulantay heerkul sareeyo muddooyin ka dheer aagaga hareeraha sababtoo ah dhismooyinka, marsho biyeediga, iyo kaabayaasha kale waxay celiyaan kuleyl sababo xaalado qatar ah oo dagayaasha.



Ma ogtahay...

Qiyaastii **1,220** dad oo Mareykanka ah ayaa waxaa dilo kuleyl daran sannad walba.\*



Hirka kuleylka waa sadex maalmood isku xiggo ama ka badan oo ka sareeyo 90 °F. Guud ahaan 50 caasimadaha ugu weyn ee Mareykanka, tirada isku celceliska ee hirarka kuleylka ayaa batay tan iyo 1980-yadii, iyo baaxada xiliga hirka kuleylka ayaa waxaa ku korodhay qiyaastii 30 maalmood.†

Dhimashooyinka kuleylka la xiriirto iyo jirooyinka waa laga hortagi karaa. Baro sida looga illaaliyo naftaada iyo qaraabadaada.



**Yuusan kuleylka kuu hogaamin isbitaalka.**

## HIRKA KULEYLKA KA HOR

### U diyaargarowga kuleylka:

- Hayso biyo cabaal badan
- Raadi **xarumaha qaboojinta** kuu dhow
- Ku rakib **hawo qaboojiye** oo isticmaal saqafka marwaxadaha joogsiga

### U diyaargarowga koronta damida:

- Aaladaha hakuu dabeynaadaano** oo tixgeli koronto keyd ah
- Diyaarso cuntooyin aanan u baahneyn kululeyn ama jiko
- Istickmaal **qaboojinta dabiiciga ah** ee gurigaaga: Dabool daaqadaha si uu har u siiyo qolka adoo isticmaalayo daahyo, shukumaano, ama muujiyayaasha kartoona alumiyoomka ku daboolan

\* CDC - Kuleylka Daran † Barnaamijka Cilmi baarista Isbadelka Caalamka Mareykanka, Qiimeynta Cimilada Qaranka Shannaad (Kor) Sawirka ixtiraamka Adeega Cimilada Qaranka. La talinta Kuleylka oo heerkulka xad dhaafka ah ee gobolka Boston.

## INTA LAGU JIRO HIRKA KULEYLKA

Kuleylka daran wuxuu kugu saameyn karaa qaabab badan. Ku qaboojiyaa oo baro aastaamaha jirooyinka kuleylka.

- Biyo badan cab.
- Xiro dhar badacsan, midib qafiif ah leh.
- Howsha dibada xadidan.
- Qaado qubeys qabooban ama meyrasho.
- Marso kareemka quraxda.
- Ka fogow isticmaalka kariyahaaga iyo dubaha.
- Ha uga tagin carruurta ama rabaayada gaariga . Even with the windows cracked open, interior temperatures can rise almost 20°F within 10 minutes.gudahiisa.
- Korontada markay tagto kadib, iska tuur cunto walboo halaabi karto ee aheyd heerkulka ka sareeyo 40°F oo 4 saacadood ama ka badan.

### Istarooga Kuleylka Stroke

- Jahwareer
- Miir daboolnaanta
- Kuleyl, gaduud, maqaar qalalan ama maqaar qoyan
- Wadno garaac dhaqso ah, xoogan

1. Soo wac 911 islamarkiiba
2. Xiro dhar qabooban, qoyan
3. Ha Siinin dareero



- Madax xanuun
- Lalabo/matag
- Heerkulka jirka kacsan

### Daalka Kuleylka

- Dhidid xad dhaaf ah
- Suuxdimo/caajisnaan
- Wadno garaaca degdega, liito
- Murqo xanuun
- Haraad daran

1. U dhaqaaq meel qabow
2. Dhar dabacsan
3. Biyo kabasho tartiib ah



**Ka raadso qaababka la isku qaboojiyo [Boston.gov/heat](https://www.boston.gov/heat)**

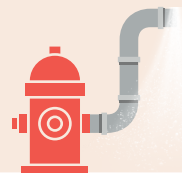
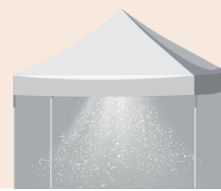
**BARKADAHA  
DADWEYNAHA**

**BIYAHA  
LAGU  
CIYAARO**

**XARUMAHA  
QABOOJINTA  
BCYF**

**TEENDHADA  
QABOOJINTA**

**DABAQYADA  
QABOOJINTA**



**B** Soo wac 3-1-1  
Adeegyada Caasimada



Soo wac 2-1-1  
Adeegyada Gobolka



Soo wac/fariin  
qoraal 9-8-8  
Taageerada Dareenka

Wixii tallooyinka diyaargarowga xaalada degdega, booqo [Boston.gov/emergency](https://www.boston.gov/emergency)  
Wixii warbixin dheeraad ah, booqo [Ready.gov](https://www.ready.gov) oo ka dajiso app-ka FEMA.

