



Ka hubi dhakhtarkaaga sida ay daawadu u saameyn karto falcelinta jidhka ee kuleylka.



Si joogto ah u cab biyo, ka fogow waxqabadka culus, oo kala hadal dhakhtarkaaga wixii ku saabsan helida beddelka electrolytes-ka lumay.



Hubso in saaxiib ama jaarka in uu kuu baari karo.

MA OGTAHAY?

- Cudurada dabardheeraada qaarkood waxay yeelan karaan awoodda inay dareemaan iyo inay ka jawaabaan isbedelka heerkulka. Kala hadal dhakhtarkaaga xili hore.
- Shaqsiyaadka qaba neefta, COPD, cudurada wadnaha, wadnaha oo aan shaqeynin, sonkorow, cudurka kelyaha, dhimirka, ama cayilku waxay u badan tahay inuu ku dhaco saameynta caafimaadka ee kulaylka daran.
- Daawooyinka waxay ka sii dari karaan saamaynta kuleylka aadka u daran. Dib u eeg daawooyinka dhakhtarkaaga qorshe samee maalmaha kulul.
- Dhididka badan ayaa kaa saari kara cusbada iyo macdanta muhiimka u ah jirkaada. Jooji oo la hadal dhakhtarkaaga sida loo beddelo qalabka elektaroonikada.
- Haddii dhakhtarku xaddido xaddiga cabitaanka aad cabto ama aad isticmaasho kaniiniyada biyaha, weydii inta aad cabi laheyd marka cimiladu kulushahay.

KHAYRAADKA

1 Is qaboojin ku jir. Raadso xarumaha isku qaboojinta ee dadweynaha, barkadaha dabaasha ee dadweynaha, barkiyada, xeebaha, iyo Maktabadaha Dadweynaha ee Boston.

2 Caawiyeyaasha Cuntada Jirka iyo Caafimaadka Guriga ayaa booqan karaan maalmaha kulul.

3 Waxaa laga yaabaa inaad awoodo inaad ka hesho gaari raacid MBTA The Ride ama Senior Shuttle (Gaadiidka Waayeelka).

Wixi macluumaad dheeraad ah oo ku saabsan khayraadka, wac 3-1-1 ama booqo website-kayaga boston.gov/heat