



Kala tasho dhakhtarkaaga haddii uu cimilada qabowgu uu saameynayo Daawo qaadashadaada.



Hubso in deris ama saaxiib ay ogyihiin inay war kaa hayaan.



Ku hay batariyada iyo qalabyada inay buuxaan Heyso kuwo dheeraad ah oo u diyaarsan in la isticmaalo

MIYAAD OGTAHAY?

- Naafanimada qaarkood ayaa adkayn kara in la xakameeyo heerkulka jirka. La hadal dhakhtarkaaga oo horey ugu qorsheyso maalmaha qabowga.
- Dadka leh awooda hooseysa ee dareemida heerkulka ama xanuunka waxay ku layhiin khatar sii dheer qaleelida xubnaha jirka (frostbite).
- Inta aadan tagin xarumaha iskululeynta, wac 3-1-1 ama xarunta iskululeynta ee dadweynaha ee kuugu dhow si aad u ogaato hadey ay layhiin hoy loogu talagalay dadka leh dhaqdhaqaaqa xaddidan.
- Dadka leh naafada waxaa laga yaabaa inaysan sheegan karin raaxa la'aanta ama ay sheegaan in ay dhibaato jirto. Lahow qorshe cad si aad ugu sheegto saaxiibo ama dariska haddii aad u baahan tahay caawimaad.

ILAYAASHA

1

Waxaa laga yaabaa inaad ka hesho gaadiid MBTA The RIDE ama Baska Dadka Da'ada Weyn (Senior Shuttle). Wac 3-1-1 si aad u eegto haddii aad u qalanto.

2

Meals on Wheels iyo Home Health Aides waxay ku soo booqan karaan marka lagu jiro dhacdada qabowga

3

Isku kululey xarumaha isku-kululeynta ee dadweynaha iyo Maktabadaha Dadweynaha ee Boston.

Wixii macluumaad dheeraad ah ee ku saabsan ilahaas, wac 3-1-1 ama booqo boston.gov/cold