

Flood - protect yourself from animal and insect related hazards

Daad – ka ilaali naftaada xayawaanka iyo khatarta la xiriirta xasharaadka

Somali

Markaad ku soo noqonayso dhul ay daadad waxyeelleeyeen xasuuso in xayawaan duurjoog ah oo ka mid yihiin jirarka noocyadiisa kala duwan, abeesooyinka, iyo caarada laga yaabo inay ku xaniban yihiin guriga, hoosada ama jardiinada.

Guud ahaan:

- Ka fogow duurjoogta ama xayawaanka halaabay. Talada wax ka qabashada xayawaanka la xiriir golahaaga degmada, hoosada xayawaanka kuwa xanaaneeya xayawaanka.
- Xafid dhamaan cuntada si aad uga fogaato inay soo jiidato bahda jirka.
- Iska ilaali abeesooyinka.
- Kaneecadu si sahala ayey ugu kortaa biyaha daadadka waxayna noqdaan kuwa xasiloona dhiba.
- Marabida iyo xayawaanada kale oo dhintay waxay u baahan yihiin in loo saaro sida ugu dhaqsaha badan. Waxii talo ah oo la xiriira soo xorida la hadal golaha degmada ama dhakhtarka xoollaha.

Wax ka qabashada abeesooyinka

Sida kuwa kale ee meelahaan laga hello, abeesooyinka waxaa meeshoodii ka qaadi kara daadka. Sidaas darteed, waxay ka raadsan karaan hoy iyo cunto guryaha dhexdooda, bakhaarada iyo dhismayaasha kale.

Dhismayaasha burburay iyo haraaga burburka ayaa waxaa gelli kara abeesooyinka.

Markaad joogto dibada:

- Gasho kabaha adag ee buutka ah oo shaqada, galoofis, iyo surweel luga dheeri ah si uu u xafido lugahaaga.
- Ka fiirso meeshaad dhegayso gacmahaaga iyo cagtaada markaad qashin ama haraadi nadiifinayso ama meel ka qaadayso.
- Haddii aad aragto abeeso, gadaal uga bax una ogolow inay wadadiisa qaado. [Ha taaban.](#)
- Ka saar haraadiga gurigaaga wareegiisa sida ugu dhaqsaha badan si aanay u soo jiidan noocyada jirarka, mulucyada iyo cayayaanka ay abeesooyinku cunaan.
- Iska ilaali abeesooyinka laga yaabo inay dabaalanayaan biyaha si ay u gaaraan dhulka sare.

Markaad guriga ku jirto:

Haddii aad ka hesho abeeso gurigaaga ha argagixin:

- Ka raadi talo qof yaqaana si aad u hesho loogu saari karo abeesada.
- La xiriir Department of Sustainability & Environment telefoonka 136 186 si aad u hesho abeesa qabtaha kuugu dhow oo la helli karo

Haddii abeeso ku qaniintay:

- Xasuuso midabka ama qaabka abeesada si ay kaaga caawimaan xaallada caafimaad.
- Ha dhiqin qaniinyada agagaarkeeda.
- Ha dhaqaaqin isna deji, raadina daryeel caafimaad oo degdeg ah.
- Haddii aadan tegi karin isbitaalka isla markiiba, dalbo gargaarka degdeg ah – dhig ama u fadhiiso si meesha qaniinyadu uga hoosayso heerka wadnahaaga. Ku dabool qaniinyada faashad nadiif ah, oo qalalan, hadday suurawdana kor u hay.
- Ha u isticmaalin tourniquet, goy meesha qaniinyada siinadaa sunta ama isku day inaad nuugto meesha nabarka ah.
- Ha cabin khamro.

Caarada

Haddii ay caarada dhabarka guduudani ku qaniinto:

- Dhaq meesha ay qaniintay kuna qabooji xanuunka baraf ama biya baraf leh oo qabow.
- In la cadaadiyo lagu talinmayo haddii ay caarada dhabarka guduudan ku qaniinto taasina badanaa waa kaga sii dartaa xanuunka.
- Raadi caawima caafimaad oo degdeg ah.

Caarooyinka kaleeto:

- Meesha ku dhaq saabuun iyo biyo.
- Mari mara qabow haddii barta qaniinyadu aad u xanuun badan tahay.
- Qaniinyada caarada badankeed, gargaarka kowaad waa lagama maarmaan.
- La xiriir dhakhtarkaaga haddii astaamuhu sii kordhaan ama sii jiraan.
- Haddii ay suurtagal tahay, caarada waa in qabtaa si loo ogaado nooca ay tahay.

Ha dhiirigelin noocyada jirarka

- Jiirarku waxay qaadaan cudur waxayna rabshaan xasiloona dadka.
- Ka qaad cuntooyinka iyo waxyaallaha siin kara hoyga.
- Dhaq suxuunta iyo qalabka karinta isla marka la adeegsado.
- U soo daadi qashinka sida ugu dhaqsaha badan.
- Dhig debin.

Ka fogaanshaha kaneecada

- Fiktooriya, kaneecooyinka qaarkood waxay sidaan cudurada fayraska Ross River virus ama fayraska Barmah Forest virus, kaas oo lagu gudbin karo qaniinyada.
- Roobku iyo daadadku waxaa laga yaabaa inay siyaadiyaan kaneecada marka biyuhu guraan oo ay samaysmaan harooyin biyood.

Waxyaallaha la sameeyo si looga fogaado qaniinyada kaneecada:

- Ka difaac naftaada kaneecada.
- Gasho surweel dheer, sigisyo, shaati gacma dheeri ah marina maqaarkaaga waxyaallaha erya xasharaadka, oo ka kooban N, N-Diethylm- toluamide (DEET) ama pircardin.
- Raac awaamiirta ku qoran sheyga erya kaneecada.
- Ka taxadar carruurta yaryar markaad isticmaalayso kan cayriya xasharaadka. Ka ilaali in carruurta yaryar gacantoodu taabato indhahooda iyo afkooda.

Si loo kantaroollo kaneecada agagaarka gurigaaga:

- Ficliyan, daadi biyaha ku haray meel guriga ku wareegsan oo furan sida digsiya-ubaxa, tiinanka aan la isticmaalin, taayirada ama weelalka kale.
- Joogto u bedel meesha maribadaadu biyaha ka cabto.

Duqsiyada

- Waxay qaadaan cudur waxayna abuuraan xasilooni la'aan.
- Haddii cuntada iyo qashinku bataan, halkaasi waxay noqotaa halka uu ka farcamo duqsigu.
- Nadiifi qashin qubka sida ugu dhaqsaha badan.

Macluumaad intaas ka badan

Haddii ay uu ku qaniino ama ku dhaawaco xayawaan ama xasharaad u raadi talo dhakhtar sida ugu dhaqsaha badan.

Macluumaad intaas ka badan oo ku saabsan qabashada maska la xiriir Xarunta Macmiilaha ee Department of Sustainability & Environment tel: 136 186.

Xaashiyaha xaqiiqda kale ee daadadka caafimaadka dadweynaha

- Dhibta daadadka – ilaalinta caafimaadkaaga iyo amnigaaga
- Koronto tegida – iyo u curinta koronto si kale
- Daadadka – korida moulds-ka iyo caafimaadkaaga.

Xaashiya intaas ka badan waxaa lagala bixi karaa websaytka unuga Environmental Health Unit:

www.health.vic.gov.au/environment/emergency_mgmnt/index.htm

Tixraaca (reference)

Protect Yourself from Animal and Insect related Hazards After a Natural Disaster (2005) Centre for Disease Control & Prevention, Department of Health & Human Services.

Dealing with Snakes After a Storm or Flood (2002) North Carolina State University & US Department of Agriculture.

Mosquitoes can carry diseases (2007) Better Health Channel, Department of Human Services Victoria.

Bites and stings: first aid (2007) Better Health Channel, Department of Human Services Victoria.