## Isku-Xirka Ugu Horreeya ee Silsiladda Samatabbaxa

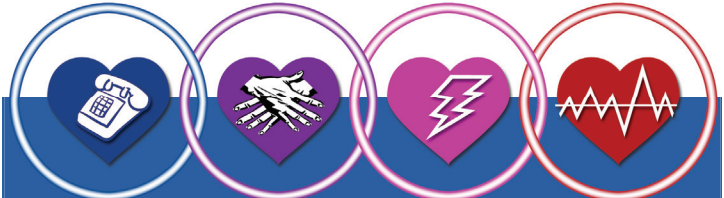
Xaalad deg-deg ah ayaa adiga, qoyskaaga, asxaabtaada ama dadka aad la shaqeyso ku dhici karta. Dhimasho badan ayaa laga hortagi karaa haddii dadka dhibaatadu qabsato ay ka helaan caawimo dhakhso ah qof sida habboon loogutabab-baray CPR, iyo Aalad Otomatik ah oo lagu kiciyo ama soo celiyo garaaca caadiga ah ee wadnaha qofka dibaddana lagu isticmaaloAED) iyo gargarka hore (first aid). Adiga ayaa ah isku-xirka ugu horreeya ee silsiladda samatabbaxa. Hubi inaad diyaar tahay adiga oo helaya tababbarka habboon. La xiriir wakaalada Lanqeyrta Cas ama EMS (Adeegyada Caafimaadka Deg-Degga ah) sidii aad u heli lahayd macluu-maad dheeraad ah oo ku saabsan CPR, AED iyo tababbarka gargaarka hore.

## Silsiladda Samatabbaxa Arrimaha Wadnaha ku Lug Leh

Silsiladda samatabbaxa wadnahu waa daaweynta hadda u jirta wadno istaagga (joogsiga) oo waxay ka kooban yihiin tallaabooyin taxanayaal muhiim ah oo afar ah. Afarta tal-laabo ee silsiladd u waa inay jiraan si loo caawiyo koradhka fursadaha ka samatabbaxa wadno istaagga. Afarta tallaa-booyin waa:

- Tallaabada kowaad: Horay u helid daryeel (Wacitaan 9-1-1 ama lambar kale oo ah xaaladaha deg-degga ah
- Tallaabada labaad: Horay u soo samayn wadno-sambabbo shaqo ugu soo-celin (CPR)
- Tallaabada saddexaad: Horay u Helid aalad Otomatik Dibad Wadno ku Kicin (AED)
- Tallaabada afraad: Horay u helid taagero sare oo wadnaha iyo qofka noolaatiisa, kolba sida loogu baahan yahay

## U QAAD TALLAABADA UGU HORREYSA EE U DIYAAR GAROWGA XAALADAHA DEG-DEGGA AH



Horay u-Helid | Horay u-Helid CPR | Horay u-Helid Kicin Wadno | Horay u-Helid Daryeel Sareeya

# Horay u-helid Wadno ku Kicin Aalad (AED)

- Wadno ku kicinta aaladdu waa arrinta kaliya ee ugu wax ku oolka u leh wax ka qabashada wadno istaagga, oo saamiyada samatabbaxu ayaa aad horay u kici kara haddii CPR iyo AED la isticmaalo gudaheeda 3-5 daqiiqo marka wadnuhu istaago.
- Barnaamijyada AED-yada beesha ayaa dedejiya marin u helitaanka wax ka qabashada marka qof u wadnuhu istaago.
- Sida ay Ururuka Wadnaha Mareykanka (American Heart Association) sheegayaan in boqolkiiba 5 kaliya ay dadka wadnuhu istaago lama filaan ay samatabbaxaan, sababta oo ah iyada oo CPR iyo aaladda wadnha kicisa lagala daaho.
- Haddii AED-yada si diyaar dheeraad ah loo heli karo oo saamiga samatabbaxu kor uga kaco 5 boqolkiiba boqol oo u kaco 20 boqolkiiba boqol, ku dhowaan 40,000 oo nafood ayaa la badbaadin karaa sannadkii.

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## U QAAD TALLAABADA UGU HORREYSA EE U DIYAAR GAROWGA XAALADAHA DEG-DEGGA AH