

# Social Media Messages for Winter Weather

## Twitter messages

You can post messages below on your local or tribal health authority's Twitter feed. All posts are 140 or fewer characters.

The Centers for Disease Control and Prevention's [@CDCReady](#) and [@CDCEmergency](#) feeds can also be retweeted as relevant information and links are tweeted.

## Tweets

Miyuu imaanayaa roob dabayl xoogan wataa? Matoorada korontada ee la qaadi karo waxay sii dayn karaan gaas sun ah oo ah carbon monoxide. Matoorka korontadu ku daar meel ugu yaraan 25 feet u jirta guriga, albaabada iyo daaqadaha/dariishadaha.

Adiga oo ku sugnaanaya badbaado ka hor, inta lagu jiro #cimilada jiilaalka. Talooyinka ku saabsan badbaadada ka hel #OregonHealthAuthority: <http://1.usa.gov/MY2Js3>

Booqo [@OregonDOT](#) si aad u fiiriso safarkaaga ka hor inta aadan u jiheysan xaaladaha cimilada jiilaalka <http://www.tripcheck.com>

Qabowgii jiilaalka waa la joogaa. Qalabka wax lagu diiriyo ee ku shaqeeya gaaska ama saliida wuxuu sii daayaa gaaska sunta ah ee carbon monoxide. Qoyskaaga ka dhig mid badbaado leh. Qalabkaaga wax lagu diiriyo u fiiri sida ugu dhakhsaha badan. #Oregon

Iska ilaali ku sumowga carbon monoxide (CO). Waxaad rakibtaa qalabka sheega CO, qalabkaaga wax lagu diiriyo si joogto ah u fiiri, matoorka korontada ee la qaadi karo ku hay meel >25 feet u jirta guriga. #Oregon

Korontadu ma kaa tegtay? Isticmaal shaxda cuntada ee [FoodSafety.gov](http://www.foodsafety.gov) si ay kaaga caawiso in aad go'aansato waxa la haysanayo iyo waxa la tuurayo. <http://tinyurl.com/p9j6rll>

Cuntadaadu ma tahay mid badbaado leh korontada tegtay ka dib? [http://www.foodsafety.gov/keep/charts/refridg\\_food.html](http://www.foodsafety.gov/keep/charts/refridg_food.html)

Badbaado yeelo marka aad miinshaarta silsilada leh u isticmaalayso goynta geed soo dhacay. <http://tinyurl.com/p5w2dtm>

## Facebook posts

All of the above tweets can be cross-posted as Facebook messages. However, the following suggestions have images and links that are also for posting. For more suggestions, visit the Centers for Disease Control and Prevention's Facebook page at <https://www.facebook.com/cdcemergency> to repost useful links, webpages, photos, and tips.

Ma ogayd in aad macluumaadkii u dambeeyay ee cimilada aadka heli karto telefoonkaaga gacanta? Waxaad heli doontaa farriinta telefoonka haddii aad gasho meel roobab dabeylo leh. Waxaad ogaataa in telefoonkaagu fariimaha feejignaanta degdega ah ka helo Nidaamka Feejignaanta ee Telefoonada Ganacsiga: <http://www.nws.noaa.gov/com/weatherreadynation/wea.html>

Iska ilaali in aad ku dhaawacanto jidadka marka roobka dabaysha leh ee jiilaalku yimaado. Hubi safarkaaga adiga oo isticmaalaya Halka Laga Eego Safarka ee Waaxda Gaadiidka ee Oregon (<http://www.tripcheck.com>) ama wac 5-1-1 ka hor inta aadan jidka ku socon.

Haddii aad gaari wadato inta lagu jiro roobka dabaysha leh, gaarigaaga ku dhex jir haddii aad ku dhex xayiranto. Talooyin dheeraad ah oo ku saabsan badbaadada cimilada ka ogow <http://1.usa.gov/MY2Js3>

Waxaan sawirro badan ka arkaynaa Facebook kuwaasi oo ku saabsan roobka dabaysha leh ee jiilaalka. Waxaad xaqiijisaa in laga hortaggo hypothermia iyo frostbite marka roobka dabaysha leh yimaado. Si diiran u labiso isla markaana xiro kabo waaweyn “boots” oo ku haboon marka bannaanka la aadayo: <https://public.health.oregon.gov/Preparedness/Prepare/Pages/PrepareForWinterStorms.aspx>

Ma garanaysaa waxa la samaynayo haddii korontadu tagto? Diyaar ma tahay xirmadaada gargaarka degdega ah? Ma haysataa dhammaan waxyaabaha lagama maarmaanka ah? Adiga oo lacag yar isticmaalayo samayso xirmada gargaarka degdega ah. Ogow waxa aad sameyn karto si aad isku diyaarisno maanta: <http://public.health.oregon.gov/Preparedness/Prepare/Pages/BuildAKit.aspx>

Cimilada jiilaalku waxay keeni kartaa korontada oo tagta. Wac shirkadaada awooda korontada si aad ugu sheegto korontada tagta. Haddii aad isticmaasho matoorka korontada, waxaad xaqiijisaa in aad dhigto ugu yaraan meel 25 feet u jirta guriga. Matoor korontada ee aan saxda ahayn wuxuu keeni karaa ku sumowga to carbon monoxide. Wuxuu kaa soo gaari karaa qiiqa gaariga ee sunta ah, koronto ku qabsata, ama dhimasho ay keento korontadu iyo dabka.

Weli ma waxaad ku jirtaa roobkii dabaylaha lahaa? Waxaad macluumaadkii u dambeeyay ee cimilada ka heshaa bogga Facebook ee Waaxda Adeega Cimilada Qaranka ee Oregon. <https://www.facebook.com/NWSPortland/>

Weligaa ma maqashay weedha “cay ku daraya dhaawaca”? Waa hagaag, marka lagu jiro masiibo, in dhaawac loogu sii daro waxay wax kasta ka dhigi kartaa in ay tobban jeer ka sii darto! Waxaad eegtaa halka laga sii gelayo ee hoos ku taala isla markaana waxaad ogaata talooyin aasaasi ah si ay adiga iyo qoyskaaga uga dhigaan kuwo badbaado qaba masiibada ka dib. <http://public.health.oregon.gov/Preparedness/CurrentHazards/Pages/InjuryPrevention.aspx>

Haddii korontadaadu tagto inta lagu jiro roobka dabaysha leh ee jiilaalka, waxaa laga yaabaa in cuntadaadu halis ku jirto. Cuntooyinka hore ka xumaada/halaaba “perishable” waxay si dhaksho ah u abuuri karaan bakteeriyada. Waad ku xanuusan kartaa cuntada

marka aanan lagu hayn heerkulka saxda ah. Naftaada bar sida saxda ah ee cuntada loo keydiyo iyo khataraha caafimaadka ee ay leedahay cuntadu roobka dabaysha leh ee jiilaalka ka dib. Waxaad halkan ka ogaataa talooyin degdeg ah oo ku saabsan sida cunta looga dhigo mid badbaado leh: <https://apps.state.or.us/Forms/Served/le8631.pdf>

Ma ogayd in ku sumowga carbon monoxide yahay mid laga yaabo in uu dhimasho keeno, aan dhadhan lahayn, midab lahayn isla markaana yahay gaas aan ur lahayn ? Ku sumowga carbon monoxide waa mid walwal leh inta lagu jiro roobabka dabaylaha leh ee jiilaalka. Sababtu waa dadka oo isticmaala matorada korontada iyo habab kale oo wax lagu kuleyliyo isla markaana wax lagu karsado. Baro sida loo aqoonsado ku sumowga carbon monoxide iyo sida looga hortaggo. <https://public.health.oregon.gov/Preparedness/CurrentHazards/Pages/CarbonMonoxidePoisoning.aspx>

Miinshaarta silsilada leh waxay noqon kartaa qalab shaqo weyn badbaadiya si loogu nadiifiyo burburka ka soo hara masiibada. Laakiin, haddii loo isticmaali waayo si ku haboon oo ixtiraam leh, waxay si dhakhso ah u keeni karaan dhaawac daran iyo dhimasho. Booqo website-ka hoose wixii macluumaad dheeraad ah ee ku saaban badbaadada ku shaqaynta miinshaarta silsilada leh <http://tinyurl.com/p5w2dtm>