



XAASHIDA XAQIIQDA

Ka Hortagga Ku Sumowga Carbon Monoxide Xaaladda Degdega ah Ka dib

Carbon monoxide (CO) waa gaas aan ur lahayn, midab lahayn. Neefshada gaasku waxay keeni kartaa jiro iyo dhimasho lama filaan ah.

Roob dabaylaha xoogan wata iyo daadku waxay keeni karaan in korontadu tegto. Marka ay tani dhacdo, waxaa lagaa yaabaa in aad raadiso meelo kale oo aad tamar ka hesho si aad wax u diiriso, qaboojiso isla markaana wax u karsato. Haddii aad isticmaasho, gaaska la shido, dhuxul ama xaabo, taxadar muuji. Shidaalladani waxay keeni karaan in carbon monoxide uu ku samayso gudaha iyo meelaha xiran. Tani waxaa ka mid ah guryaha, garaashyada, teendhooyinka dalxiiska 'campers', teendhooyinka iyo meelaha dadan 'carports'. CO ku jirta hawadu waxay sumayn kartaa dadka iyo xayawaanka gudaha ku jira

Waad ka hortagga kartaa ku sumowga carbon monoxide:

- KALIYA bannaanka u isticmaal matoorada korontada iyo baatroot/baansiin, gaaska la shido, dhuxul ama qalabka xaabada lagu shido. Marnaba ha u isticmaalin gudaha ama meelaha xiran sida garaashyada ama meelaha dadan 'carports'.
- Matoorada korontada dhig meel ugu yaraan 25 feet u jirta albaabo, daaqado/dariishado iyo meel hawadu ka soo gasho oo furan.
- Marnaba makiinada gaaska 'gas range' ama makiinada foornada 'oven' ha u isticmaalin in aad gurigu ku diiriso.
- Marnaba makiinadaha wax lagu karsado 'grills', noocyada hibachi, faynuus ama makiinadaaha cunto karinta 'stoves' ee la qaadi karo ha u isticmaalin guriga, teendhada ama teendhada dalxiiska 'camper' dhexdooda.
- Akhri isla markaana la soco talooyinka ku saabsan badbaadada iyo tilmaamaha la raacayo. Eeg marka aad gadato ama isticmaasho matoorka korontada, kuleyliye ama qalabka kale ee ku shaqeeya gaaska, gaaska la shido, dhuxusha ama ilaha shidaalka xaabada.
- **Isticmaal qalabka sheega carbon monoxide.** Waa sida kaliya ee lagu ogaan karo in uu ku soo gaaray.
- Ugu yaraan hal ah qalabka sheega carbon monoxide, oo ku shaqeeya baateri, waa in uu yaalaa guri kasta. Sharciga Oregon ayaa uga baahan in dhammaan guryaha kirada ah, guryaha cusub iyo guryaha la gadayo ay yeeshaan.
- Hubi baateriyada laba jeer sannadkii.

KU SUMOWGA CARBON MONOXIDE (CO)



Ilaha laga helay: Xarumaha la Dagaalanka iyo ka Hortagga ee Muuqaalka Ololaha Ka hortagga Ku Sumowga Carbon Monoxide (<https://www.nphic.org/Content/Toolkits/CarbonMonoxide/CO-Poisoning-Prevention-Campaign-Graphic.pdf>)

Ogow calaadaha ku sumowga carbon monoxide:

Halkan waxaa ku qoran calaadaha guud ee lagu garto ku sumowga carbon monoxide:

- Madax xanuun;
- Wareer;
- Tabar daro;
- Lalabo;
- Matag;
- Laab xanuun;
- Jahwareerka;

Haddii uu jiro qof ay ka muuqdaan calaadahani, si dhakhso ah ha raadsado hawo cusub. Sidoo kale, wac 911 ama Xarunta Sunta Oregon 1-800-222-1222.

Waxaad heli kartaa dokumentigan oo ku qoran luqaddo kale, far waaweyn, farta dadka indhaha aan qabin wax ku akhriyaan ee braille ama qaabka aad doorbidayso. La xiriir Badbaadada Caafimaadka, U diyaargarowga iyo Jawaab bixinta 971-673-1315 ama email-ka health.security@state.or.us. Waa aqbalnaa wicitaanada gudbinta oo dhan ama waxaad wici kartaa 711.



WAAXDA CAAFIMAADKA DADWEYNAHA

Badbaadada Caafimaadka, U diyaargarowga iyo Jawaab bixinta

Telefoonka: 971-673-1315

Fax-ka: 971-673-1309

Website-ka OHA: <https://public.health.oregon.gov/Preparedness/Prepare/Pages/PrepareforExtremeHeat.aspx>

OHA Facebook: www.facebook.com/OregonHealthAuthority

OHA Twitter: www.twitter.com/OHAOregon