

Xaashida macluumaadka "Ka ilaalinta kuleylka ee dhallaanka iyo carruurta yaryar"



Waxaa si gaar ah muhiim u ah dhallaanka iyo carruurta yaryar in si fiican looga ilaaliyo kuleylka (gaar ahaan marka uu heer-kulku gaaro 30° C).

Tilmaamaha iyo talooyinka soo socda ayaa ku caawin kara:

- Guriga la joog dhallaanka iyo carruurta yaryar inta u dhaxaysa 10:00 subaxnimo iyo 7:00 fiidka, haddii ay suurtagal tahay.
- Marka uu kulku bato, jirka ilmaha yar yar iyo carruurta ma dhidido, isumana qaboojiyo iskiis. Sidaas darteed, fiiro gaar ah u yeelo in aad ka ilaaliso kuleylka xad-dhaafka ah ee cimilada qoyan ama huurka badan leh.
- Dhallaanka iyo carruurta yaryar waa inay cabbaan biyo iyo cabitaanno ku filan marka ay kuleyl tahay. Sidaas darteed, naaska nuuji marar badan ama had iyo jeer biyo inuu cabo ugu celceli. Cunto-xumo waa caadi mana ahan wax laga walwalo.
- Xiro ilmahana u xir dhar dabacsan, midab khaafiif ah leh oo ay hawadu kuu soo gali karto ama neefsasho leh sida suufka.
- Marawxad isticmaal, laakiin waa in aysan lahaanin dabeyl xoog leh. Ilmaha yaryar u qubee ugu yaraan labo jeer maalintii, xafaayaddana ka beddel dhowr jeer.
- Goobaha lagu ciyaaro iyo goobaha isboortiga ha geynin xilliyada ay cadceeddu kulushahay. Waxaad gayn kartaa ka hor 10:00 subaxnimo ama gelinka dambe marka ay cadceeddu qabowdo.
- Weligaa ha oggolaan in dhallaanka ama ilmaha (ama xayawaanka) keligood looga tago baabuurka – xitaa hal daqiiqad. Haku dhex jirin baabuur taagan wax ka badan dhowr daqiiqo marka ay cimiladu kulushahay – xitaa haddii uu la socdo ilmo ka weyn ama qof weyn. Haddii loo baahdo, raadso meelaha hooska leh, ha fariisan cadceedda.
- Had iyo jeer dabool madaxa dhallaanka iyo carruurta yaryar marka ay cadceeddu kulushahay ama aad bannaanka u wadayso. U mari kareenka cadceedda qeybaha jirka ka bannaan, gaar ahaan marka uu kuleylka qorraxdu ka badan yahay 30° C.
- Dhallaanka iyo carruurta yaryar waa in lagu hayo meelaha harka leh, marka banaanka la joogo xilliyada xagaaga ama fasaxyada. Haddii aan har la helin, isticmaal dalladaha si aad u dabooشو/ilaaliso madaxa iyo jirka carruurta.
- Iska ilaali inuu kuleylku ku bato **gaariga** carruurta ee xiran (adigoo isticmaalaya dallad ama shiraac). **FIIRO GAAR AH:** Haka **laadlaadin maro ama buste daboolaya** gaariga ilmaha oo dhan.
- Haddii uu heer-kulka jirka ilmuhu isbeddelo ama aad ka dareento cillado kale sida: Daal aan caadi ahayn, lulmo ama hurdo aan sax ahayn, fadlan wac 1450 ama dhakhtar.
- Haddii uu dhallaanku ku xanuunsado kuleylka ama aad ku aragto shuban, cunto-yari ama cabitaan-yari fadlan la tasho dhakhtar.



Su'aalo kale oo ku saabsan kulaylka ma qabtaa?

Taleefanka kuleylka – 050 555 555 (talooyin iyo talo shakhsiyeed oo ku saabsan sida ugu wanaagsan ee aad uga ilaalin karto ilmahaaga ama socod-baradkaaga iyo naftaada walwalka kuleylka.

Su'aalo dheeraad ah oo kuleylka ku saabsan ma qabtaa?



Wac telefoonkaan– 050 555 555 (Talooyin shakhsi ah, oo la xiriira sida ugu fiican ee aad naftaada iyo ilmahaaga kuleylka uga ilaalin karto.



Booqo Website-yadaan.

<https://www.sozialministerium.at/Themen/Gesundheit/Gesundheitsfoerderung/Hitze.html>
<https://www.gesundheit.gv.at/leben/gesundheitsvorsorge/haut/umgang-mit-hitze.html>