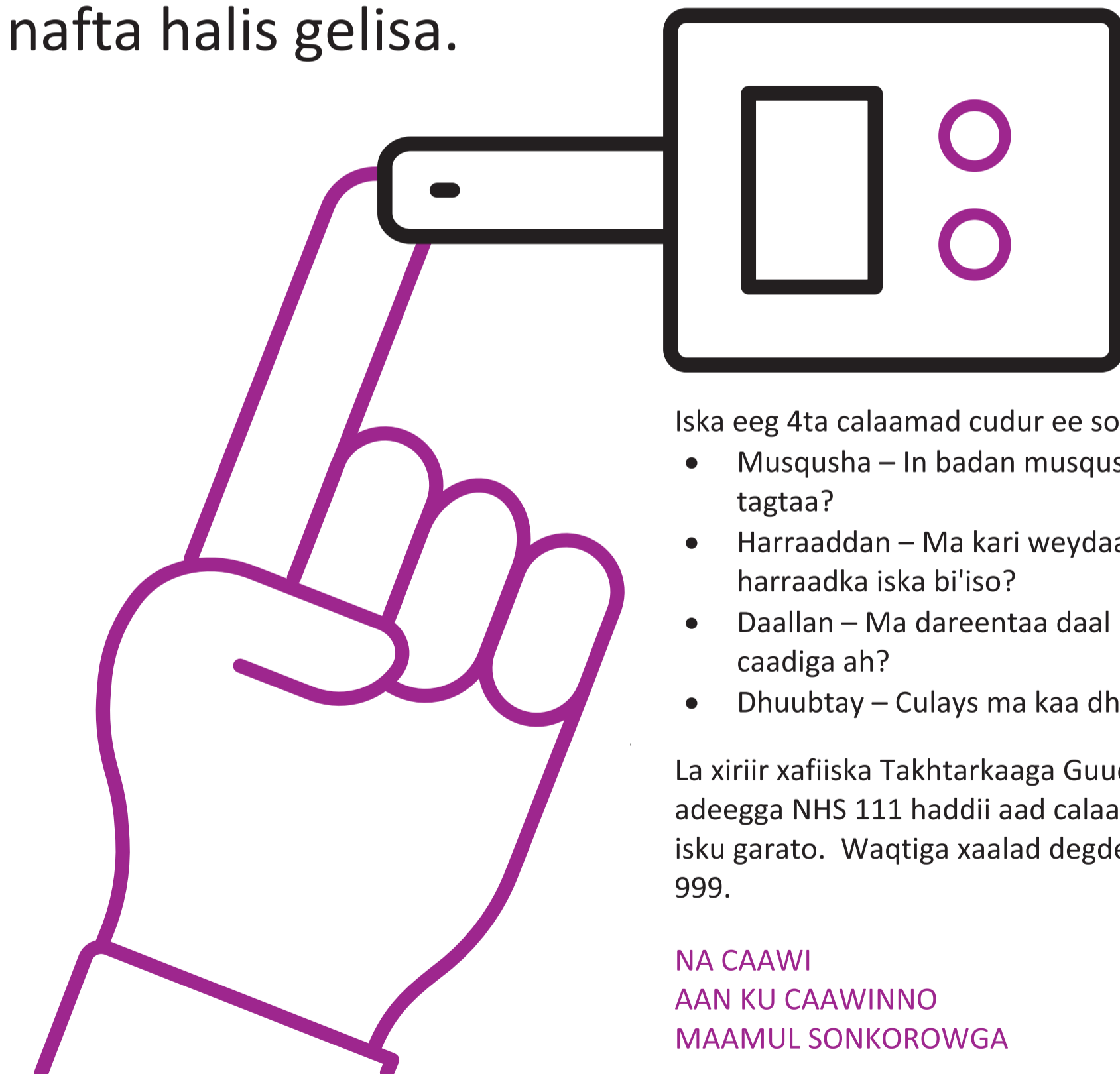


Talo caafimaadeed doono haddii aad ka shaki qabto cudurka macaanka ama sonkorowga.

Haddii adiga, ama qof qoyskaaga ka mid ah, aad qabtaan calaamadaha cudurka ee soo socda waxay taasi tilmaami kartaa cudurka sonkorowga.

Haddii la sheegi waayo waxa cudurku uu yahay waxay taasi keeni kartaa xaalad degdeg ah oo nafta halis gelisa.



Iska eeg 4ta calaamad cudur ee soo socda:

- Musqusha – In badan musqusha ma tagtaa?
- Harraaddan – Ma kari weydaa in aad harraadka iska bi'iso?
- Daallan – Ma dareentaa daal ka badan inta caadiga ah?
- Dhuubtay – Culays ma kaa dhacaa?

La xiriir xafiiska Takhtarkaaga Guud (GP), ama adeegga NHS 111 haddii aad calaamadahan isku garato. Waqtiga xaalad degdeg ah – wac 999.

NA CAAWI
AAN KU CAAWINNO
MAAMUL SONKOROWGA