



Seattle & King County

HEALTHY PEOPLE. HEALTHY COMMUNITIES.

## Sidee looga hortagaa *hypothermia* (jidhka oo qabooba)

### Waa maxay *hypothermia*?

Hypothermia waa marka uu jidhka qof uu ka qaboobo sida caadiga ah. Tani waxaa ay ka timaadaa ka taxaddir la'aanta cimilada qabow. Carruurta yar iyo waayeelka ayaa aad ugu fudud in ay qabato *hypothermia* marka cimilo qabow ay u baxaan.

Halista iyo heerka *hypothermia* waxaa uu si toos ah ugu lug leeyahay dharka qoyan, taabashada birta, dabeysa qabow, iyo heerka cabbirka kulka ka dhaxeeya jidhka iyo nawaaxigiisa. Halista waxaa ay sii korodhaa marka wareegga dhiigga uu saameeyo cudur xagga wadnaha, khamri cabidda, daal, iyo/ama gaajo.

### Waa maxay calaamaadka *hypothermia*?

- Jareys aan la xukumi karin
- Hadal tartiib ah ama aan la fahmaynin
- Daal siyaado ah oo la dareemo
- Socodka oo lagu dhaco
- Wareer (qofka caadi uma fakiri karo)
- Miyir-beel ama wax u dhow

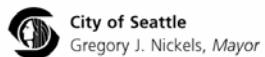
### Maxaan sameeya haddii uu qofi qabo *hypothermia*?

- **Haddii uu qof miyir beelo, sida ugu dhaqsiyo badan u raadi gargaar caafimaad. Haddii uu wadnaha istaago (wadne istaag), qof ha ugu yeero gargaarka caafimaadka kaddibna u samee CPR.**
- **DIGNIIN: Si dhaqsiyo ah ha diirinin qofka.**
- Qofka gudaha soo geli ama meel aan dhedo iyo dabeylba lahayn.
- Ka saar dharka qooyan waxaadna qofka ku dabooshaa bustooyin qalalan. Hubi in madaxa, gacmaha, iyo cagahu ay daboolan yihii.

Environmental Health Services Division

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City of Seattle  
Gregory J. Nickels, Mayor



King County  
Ron Sims, Executive

- Waxaad qofka dul saartaa jiimbaar ama sariir ku dhow kuleeliye diiran – ***aan kululeyn***.
- Gogosha hoosteeda la gal qofka si kulka jidhkaaga uu ugu gudbo. Haddii ay suuragal tahay, qof kale ha seexdo dhinaca kale.
- Waxaad qofka siisaa maraq diiran—***aan kululeyn*** --. Ha ***siinin khamriga***.
- Dhallaanka waxaad dhex gelisaa dharkaaga gudihiisa si uu jidhkiinna isu taabto.

### **Sideen uga hortagi karaa *hypothermia*?**

- Waxaad gashataa dhar ku diiriya, kuuna xira gacmaha iyo cagaha (ka fogow waxyabaha gacmaha lagu xidho ee kuugu dheggan, sigisyada, iyo kabaha).
- Waxaad gashataa koofiyad diirran. Tani waa qaasatan muhiim maadaama kuleyl badani uu ka baxo madaxa aan xirnayn.
- Haddii ay suuragal tahay, dhar qalalan ku beddelo marka uu dharka kaa qoymo.
- Raadso meel habboon ee ku diirisa.