




Tilmaan-bixiyaha Dib-u-dhaqaajinta Wadnaha iyo Sambabka (CPR)

Iska yaree halista Cudurka Wadnaha

- ◆ Noqo qof maalin kasta firfircoon oo dhaqdhaqaaq sameeya
- ◆ Raac Tilmaan-bixiye Cuntada Caafimaadka leh ee Kanada (Food Guide for Healthy Eating)
- ◆ Iska dhawr qiiqa sigaarka
- ◆ Baro sida la iskaga xejiyo walwalka nolosha
- ◆ Miisaan Caafimaad leh Hano

Talaabooyinka Dib-u-dhaqaajinta Wadnaha iyo Sambabka (CPR):

	Wac 9-1-1
	Dib u janjeedhi madaxa, sare u toosi gadhka, hubi inu qofku neefsanayo Neef ku afuuf 2 jeer
	Saar gacmahaaga badhtanka laabta Si adayg leh hoos u riix laabta 2 inji kuna celceli riixista 30 jeer
Sii wad 2 jeer oo ah neef-siin iyo 30 jeer oo ah laab riixis ilaa gurmaddu ku soo gaadhayo.	

Tabobarka Dib-u-dhaqaajinta Wadnaha iyo Sambabka (CPR) ka baro sida naf loo badbaadiyo. Sannad walba dib u qaado tabobarka. Wixii war ah u wac (613) 580-6744. ama taxane loogu maaddooyinka CPR ottawaheartbeat.com/heartsaver



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