

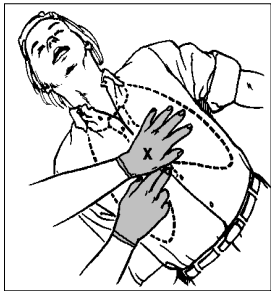


Tilmaan-bixiyaha Dib-u-dhaqaajinta Wadnaha iyo Sambabka (CPR)

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

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
	Ka eeg qofka calaamadaha nafta (sida midab wacan) Saar gacmahaaga badhtanka laabta Si adayg leh hoos u riix laabta 2 inji kuna celceli riixista 15 jeer
Sii wad 2 jeer oo ah neef-siin iyo 15 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 724-4179.



CPR Reference Guide/
Somali 05/03

Available in Amharic, Arabic,
Cambodian, Chinese, Somali,
Spanish and Vietnamese.