



**Iskaa Udarsidda Amni Sugida iyo Jiheynta oo Dheeraad ah**

Howshan waa inay qaadataa 60 daqiiqo. Kadib marka aad daawato cajalada DVDga ee amni sugida iyo jiheynta, buuxi meelaha banaan ee hoose. Si aad u hubiso jawaabahaaga, waxaad booqan kartaa: <http://www.myseiubenefits.org/training/safety>. Markaad jawaabahaaga ka hubiso shabakada, waxaad isticmaali kartaa warqadan inta aad ka shaqayneyso si aad u xasuusato tababar qaadashada ugu wanaagsan.

**Qor seddex shay oo aad samayn karto si aad gacan uga geysata amni sugida qol kasta oo hoos ku yaala:**

Amni Sugida Jikada	Amni sugida Musqusha	Amni Sugida Qolka Jiifka

**Muddo intee la’eg ayaad dhaqaysaa gacmahaaga? \_\_\_\_\_ Waa maxay macnaha “OR”?**

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**Goormaa ayay tahay inaad dhaqdo gacmahaaga?**

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**Sheeg seddex shay oo dhici kara marka aad kalyanti la shaqeyneysid oo ay tahay inaad soo sheegtid.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Samee liis seddex jalaaf halis ah oo aad ku arki karto guriga kalyantigaaga.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Qor shan siyaalood uu Kaaliyaga ku daryeelka guriga uu uga caawin karo ka hortaga fidida caabuqa iyo cudurka.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Waa maxay sedex shay oo aad samayn karto si aad una raacdo is daryeelida ugu muhiimsan?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



**Buuxi shaxda howlaha macquulka ah ee uu kaaliyaha daryelka guriga uu ka caawin karo:**


**Waqtii yar u hel si aad uga baaraan degto jawaabahaga su'aalaha soo socda:**

1. Waa maxay qorshaha xaaladda deg degga ah ee gurigaaga iyo guriga kalyantigaaga?
2. Waa maxay doorka aad ku leedahay kooxda daryeelka?
3. Sidee u qorshaysan kartaa cunadda nafaqada leh ee uu kalyantigaaga jecel yahay?

#### **WAXYAALO KALE OO WAXTAR LEH IN LA XASUUSTO:**

**Marka uu kalyantigaaga dhacayo,** xasuuso: ha isku dayin inaad ka ilaaliso dhicida, haddii aad awoodo, ku caawi inaad kalyantigaaga dhulka u fududeyso.

1. Lugahaaga kala fogee, islamarkaana inuu dhabarkaaga toosan yahay.
2. Isticmaal mishiinada jirka.
3. Qofka soo jiid si aad isugu soo dhaweyso.
4. U ogolow kalyantigaaga inuu hoos jirkaaga ugu dhaco oo dhulka yaala.
5. Si naxariis leh qofka ugu dhowee dhulka. Badanaa waxaa sidoo kale qofka "dhulka ayaad la aadi doontaa."

**Maxaad samayneysaa haddii uu kalyantigaaga dhulka ku dhaco?**

1. Kalyantiga weydii sida uu ama ay dareemayso.
2. Haddii uu kalyantiga yiraahdo inuu dareemayo inuusan dhaawacmin uuna awoodo inuu kaco, si taxadir leh isha ugu hay marka uu ama ay samaynayso.
  - a. Haddii uu Kalyantiga dhib ku qabo inuu kaco, waad toosin kartaa balse kor ha u qaadin.
  - b. Haddii uu kalyantigaaga dhaawacmo, doorkaaga waa inaad la xiriirtaa gargaarka caafimaadka kalyantiga.
  - c. Dhakhtarka shakhsiga waa inuu wacaa 9-1-1.



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- d. Haddii aad wacdo 9-1-1, uga dhig kalyantiga sida ugu raaxada badan islamarkaana ku kululee adigoo ku daboolaya boste illaa inta uu gargaarka degdegga ka yimaado.

**Goormaad waceysaa maamulaha kayska:**

1. Haddii uu isbedel xoogan ku yimaado asaaska hoose ee kalyantigaaga (waxaa loola jeedaa waxa caadiga u ah kalyantigaas).
2. Haddii uu u soo gaaro dheecaanada jirka kalyantigaaga, waa inaad soo wacdaa teleefonka HIV/AIDS ee Gobolka Washington islamarkaana waa in la go'aamiyaa inaad u baahan tahay daaweyn.
3. Waqti kasta oo kale waa inaad soo wacdaa 9-1-1
4. Kadib marka aad soo gudbiso xad gudub iyo dayac (1-866-363-4276)
5. Haddii uu qorshaha daryeelka u baahan yahay in dib loo habeeyo.
6. Haddii uu kalyantigaaga kaa codsado inaad u samayso wax sharci darro ah ama aanan aamin aheyn.

**Maxaad samayneysaa haddii uu u gaaro dhiig ama waxyaalo sumaysan:**

Haddii uu ku gaaro dhiiga kalyantiga ama waxyaalo kale oo sumaysan waa inaad ka soo qaadaa inay sumaysan tahay, xattaa haddii ay sidaas noqon weydo. Waa inaad soo warbixisaa sida ugu dhaqsiiyaha badan, sababtoo ah mararka qaar daaweyntu waa inay u bilaabataa sida ugu dhaqsiiyaha badan.

**Teleefonka HIV/AIDS ee Gobolka Washington waa : 1-800-272-2437**