

Mark ay bilaabato in banaanka kulayl noqdo, waxaa jira talaabooyin muhiim ah ee aad qaadi karto si aad u ilaaliso naftaada iyo asxaabtaada iyo qoyskaaga.

Weligaa ha uga tagin caruurta, dadka naafada ah, ama xayawaanka gudaha baabuurka marka uu baarkinka ku jiro.

Is qabooji

- Joog goobaha hadhka leh, haddii aad awoodo meel qaboojiye leh, ama goobo qabow sida qeybta hoose ee guriga ee qabow.
- Xero dhar khafiif ah, midab khafiif ah leh, oo aan kugu dheganayn.
- Biyo qabow ku qubayso.
- Isticmaal marwaxad, laakin ha ugu tiirsanaan habka kalliya ee aad isku qaboojin lahayd.

Aad dhismayaasha dadweynaha ee qaboojiyaha leh.

Haraadka iska ilaali

- Cab biyo ka badan kuwii aad hore u cabi jirtay, qaasatan haddii aad banaanka u aadid jimicsi.
- Noqo mid firfircoon, ha sugin inta aad ka oomayso oo aad biyo in aad cabto ugu baahanayso.
- Ha cabin qamriga iyo cabitaanada maadada kafayiintu ay ku jirto.

La soco akhbaarta

- La soco warbixinada wararka iyo cimilada ee gudaha.
- Isu diiwaangelli si aad u hesho wararka degdega ah ee cimilada ku saabsan vtalert.gov.
- Waxaad eegtaa waaxda caafimaadka iyo qeybta maaraynta xaaladaha degdega ee Vermont ah adigoo ka eegaaya warbaahinta bulshada.

La soco fariinta uu jirkaaga kuu soo diraayo

- Si fudu u qaado marka kulayl daran uu jiro.
- Yaree Hawlaha aad ku samaynayso banaanka iyo jimicsiga waxaadna ku xadidaa qeybaha qabow ee maalintii.
- Caawimaad raadso haddii aad dareemayso xanuun
- Jooji waxaa samaynayso haddii aad dareento tabardarri iyo daciifnimo.
- Taxadar badan muuji haddii aad qabto xaalad caafimaad xumo oo joogto ah.

Ha noqon qof qariib ah

- Waxaad la hadashaa dadka aad jeceshahay iyo jaarkaaga si aad uga war hayso, gaar ahaan hadii ay yihiin cid waayeel ah ama qabta xanuunada mudada dheer ah. Haddii aad u tagaysid, xidho maaskarada oo maro ka samaysan ama shay afka lagu duubto, waxaanad u jirsadaa 6 fuudh, booqashadaada ka hor iyo ka dibba gacmaahaaga maydho.
- Waxaad xaqiijisaa in ay cabaan biyo ku filan ayna is qaboojiyaan.

- Xasuusi in ay si dhab ah u qaataan kulaylka.

Gurigaaga qabooji

- Sawiro hadhka si aad isaga ilaaliso qoraxdo.
- Xer daaqadaha inta lagu jiro maalinta marka banaanka ka kululyahay gudaha.
- Fur daaqadaha habeenkii marka banaanka ka qabowyahay gudaha.
- Isticmaal marwaxad si aad u qaboojiso hawada banaanka ama si aad isaga saarto hawada kulul ee gudaha ku jirta.
- Xadid isticmaalka shoolada, foornada iyo waxyaabaha kale ee kulaylka keenaayo.

Baro astaamaha iyo calaamadaha xanuunada kulaylka uu keeno

Kulaylka hanfida ah

Astaamaha iyo calaamadaha

- Suuxid ama wareer
- Dhidid badan
- Qabow, Midab qafiif ah, maqaar qoyan(dhidid leh)
- laba labo ama Matag
- Si degdeg ah, Tabardarro
- Murqo xanuun

Waxa aad samaynayso:

- Biyo badan cab.
- Isku day in aad is qaboojiso adigoo tagaaya meel har leh, in aad raadsato qaboojiye, meel qaboojiye leh, in aad qubays qabow qubaysato, ama aad isticmaasho cadaadis qabow.
- Wac 9-1-1 haddii calaamadahan ay ka sii daraan ama sii socdaan kadib markaad cabto biyo oo aad isku daydo inaad is qaboojiso

Cadaadiska kulaylka

Astaamaha iyo calaamadaha

- Madax xanuun dhinac u badan
- Dhidid la'aan
- Heer kul ka sareeya 103°F
- Casaan, Kulayl, maqaar qalalan
- Labalabo ama Matag
- Si degdeg ah, Tabardarro

Waxaa laga yaabaa inaad miyir beesho ama calaamadaha jahwareerka

Waxa aad samaynayso:

- Wac 9-1-1.
- Qaad ficil degdeg ah si aad u qaboojiso qofka ilaa ay uga imaanaayaan qolada gargaarka degdega ah.

Stay Safe When It's Hot Outside

When it starts to get hot outside, there are important steps you can take to keep yourself and your friends and family safe.

Never leave children, people with disabilities, or pets inside a parked vehicle when it's hot.

Stay Cool

- Stay in the shade, in air-conditioning if you can, or in cool places such as basements.
- Wear lightweight, light-colored, loose-fitting clothing.
- Take cool showers.
- Use fans, but don't rely on them as the only way to stay cool.

Stay Hydrated

- Drink more water than usual, especially if you are exercising or being active outdoors.
- Be proactive, don't wait until you are thirsty to drink water.
- Don't drink alcoholic and caffeinated beverages.

Stay Informed

- Follow local weather and news reports.
- Sign up to for weather alerts at vtalert.gov.
- Check Health Department and Vermont Emergency Management social media.

Listen to Your Body

- Take it easy when it's hot.
- Reduce outdoor work and exercise and limit it to the cooler parts of the day.
- Ask for help if you feel sick.
- Stop what you are doing if you feel faint or weak.
- Be more cautious if you have a chronic health condition.

Don't Be a Stranger

- Call your loved ones and neighbors to check on them, especially if they are older or have chronic health conditions. If going in person, wear a cloth face mask or covering, keep a 6-foot distance, and wash your hands before and after your visit.
- Make sure they are drinking enough water and staying cool.
- Remind them to take heat seriously.

Cool Your Home

- Draw shades to keep out the sun.
- Close windows during the day when it's hotter outside than inside.
- Open windows at night when it's cooler outside than inside.
- Use fans to blow in cooler outside air or vent out warmer inside air.

- Limit use of the stove, oven and other heat-generating appliances.

Know the Signs and Symptoms of Heat Illness

Heat Exhaustion

Signs and Symptoms

- Faint or dizzy
- Excessive sweating
- Cool, pale, clammy skin
- Nausea or vomiting
- Rapid, weak pulse
- Muscle cramps

What to do:

- Drink water.
- Try to cool down by getting to a shaded area, getting to a cooler, air-conditioned place, taking a cool shower, or using a cold compress.
- Call 9-1-1 if these symptoms worsen or continue after drinking water and trying to cool down.

Heat Stroke

Signs and Symptoms

- Throbbing headache
- No sweating
- Temperature above 103°F
- Red, hot, dry skin
- Nausea or vomiting
- Rapid, weak pulse
- May lose consciousness or signs of confusion

What to do:

- Call 9-1-1.
- Take immediate action to cool the person down until help arrives.