

CPR ka Gacmaha Kaliya

Xaqiiji in goobtu amaan tahay

Haddii qofku uusan nuuxsanayn uusana caadi uneefsanayn:



WAC 9-1-1

Ama udir qofkale inuu waco 9-1-1

Sheeg meesha aad joogto

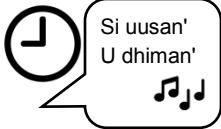
Sheeg luuqada aad kuhadasho, hadaysan Ingiriis ahayn



SI ADAG OO BOOBSIIS AH URIIX

Adoo kariixaya bartanka xabadka

Ugu yaraan 2" (5 cm) jeer oo hoos ah

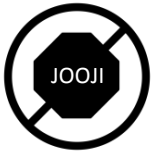


Si uusan'
U dhiman'

100-120 jeer kariix xabadka/daqiiqadiiba

Kafikir hees muusigeedu garaacmaayo 100-120 jeer

daqiiqadiiba si ay kaaga caawiso inaad riixista wado



HAJOOJIN!

Hadaad kudaasho riixista, qofkale udhiib oo kaanasiya

FIIRO GAAR AH:

www.kingcounty.gov/cpr

Somali



Seattle
Office of Emergency
Management



Public Health
Seattle & King County

