

# Plan for an Emergency

An emergency may be a tornado, house fire, flood or bombing. Plan ahead to help protect you and your family and limit the effects of an emergency.

Use these three steps to prepare:

1. **Make a plan** for you and your family.
2. **Prepare an emergency kit** of supplies for your home, work and car.
3. **Listen for information** about what to do and where to go during an emergency.

## Step 1. Make a Plan

Make an emergency plan for you and your family. Talk to your family about this plan. Your family may need to stay home or they may need to leave to go to a safer place. Decide how your family members will contact each other. You may decide to have each member of your family contact one person by phone or e-mail. An out of town contact may be best since a local contact may also be involved in the disaster or local phone services may not be working. Plan a meeting place for your family and how each person will get there.

Your plan should also include:

- An emergency phone and e-mail contact list. Share it with family members, work, schools and child care centers.
- Someone to care for your children at home in case you cannot be there or you become ill.
- A local and an out of town emergency contact.
- Health information for each member of the family including date of birth, blood type, allergies, past and current medical problems, current medicines and dosages, medical equipment and copies of medical insurance cards.

# Qorshe u Sameyso Kediska

Kedisku waxa uu noqon karaa duufaan, dab guri, fatahaad biyo ama bangareyn. Hore u sii sameyso qorshe si aad u badbaadisid naftaada iyo qoyskaaga oo aad u yareysid saameynada kediska.

Isticmaal saddexdan talaabo si aad isu diyaarisid:

1. **Qorshe u samee** naftaada iyo qoyskaaga.
2. **Diyaari xidhmo kedis** oo ah alaab aad ugu talogashay guriga, shaqada iyo baabuurka.
3. **Dhageyso warka** ku saabsan waxa aad sameyn lahayd iyo meesha aad tagi lahayd inta lagu jiro kedis.

## Talaabo 1. Sameyso Qorshe

U samee qorshe kedis naftaada iyo qoyskaaga. Qoyskaaga kala hadal qorshahan. Waxa laga yaabaa in qoyskaaga u baahdo inay joogaan guriga ama ay u baahdaan inay ka tagaan guriga oo ay tagaan meel amaan ah. Go'aan ka gaadh sida xubnaha qoyskaagu isula xidhiidhi doonaan. Waxa laga yaabaa in aad go'aan ku gaahid in xubin kasta oo qoyska ka tirsani uu hal qof kula xidhiidho teleefon ama iimayl. Qof ka baxsan magaalada ayaa ugu fiican sababta oo ah waxa dhici karta qofka degmada ah isaga laftiisa in ay saameyso aafadu ama in adeegyada teleefonka ee degmadu aanay shaqeynaynin. Qorshee meel ay ku kulmaan xubnaha qoyskaagu iyo sida qof kastaa u tagi lahaa meeshaa.

Sidoo kale waa in qorshahaagu uu ku jiro:

- Liis teleefon iyo iimayl oo lala xidhiidho marka kedis dhaco. La wadaag xubnaha qoyskaaga, shaqadaada, dugsiga iyo xarumaha sii-haynta ilmaha.
- Qof guriga ku sii daryeela ilmahaaga haddii aanad guriga joogi karin ama aad jiran tahay.
- Qof lala xidhiidho oo ah degmada iyo mid ka baxsan magaalada.
- Warka caafimaadka oo ah qof kasta oo qoyska ka tirsan oo uu ku jiro taariikhda dhalasho, nooca dhiigga, alerjiyada ama xasaasiyadda, dhibaatooyinka caafimaad ee hore iyo kuwa cusub ba, dawooyinka imminka iyo qadarada qaashada, qalabka caafimaadka iyo koobiyada kaadhahka caymiska caafimaadka.

Plan for an Emergency. Somali.

- Doctors' names and phone numbers.
- Locations of hospitals near work, school and home and their phone numbers.
- Locations of local and state health departments and their phone numbers.
- Pharmacy name and phone number.
- Religious or spiritual information.
- Someone to care for your pets in case you cannot be there or you become ill.  
Keep your pets up to date on vaccines and have a copy of your pets' vaccine records in case they need to go to a shelter.
- Pets' veterinarian name and phone number.

## **Plan Ahead for Special Situations**

- **Children in child care centers or schools** – Most schools and child care centers have emergency plans and practice fire, earthquake and tornado drills. Make sure the child care center or school has your current work, home and cell phone numbers and e-mail address. Be sure to ask:
  - How parents will be contacted in an emergency.
  - What steps will be taken to protect your children.
  - If extra water, food and first aid supplies are stored on site.
  - How the school plans to keep exposed children away from other children.
  - Where the children will be taken if they must evacuate.
- **Work** – Check with your employer about work policies and emergency plans. Make plans for your family if you have to go to work.
- **People with special needs** – Wear a medical alert tag or bracelet that lists your health care needs. Make a plan for someone to help during an emergency. This person will need to get into your home and know how to provide care.
  - **For those who are living at home**, keep extra medicines and supplies.
  - **For those who need dialysis or other life-sustaining treatment**, know the location of more than one facility where you can get care.
  - **For those who are living in a special care center**, the facility should have an emergency plan.

- Magacyada iyo lambarada teleefonka ee dhakhaatiirta.
- Goobaha cisibitaalada ee u dhow shaqada, dugsiga iyo guriga iyo lambarada telefoonadooda.
- Goobaha ay ku yaalaan waaxaha caafimaadka dadweynaha ee degmada iyo gobolka iyo lambarada telefoonadooda.
- Magaca iyo teleefonka farmasiga.
- Warka diinta ama caqiidada.
- Qof sii daryeela xayawaankaaga guriga haddii aanad joogi karin guriga ama aad jiratid. Ka dhig talaalada xayawaankaaga guriga kuwo cusub isla markaana hayso koobiga diiwaanada talaalkooda haddii loo baahdo inay galaan gabood.
- Magaca iyo teleefonka dhakhtarka xayawaanka.

## **Qorshe u Sii Sameyso Xaaladaha Gaarka ah**

- **Caruurta ku jira xarumaha sii-haynta ilmaha ama dugsiyada** – Dugsiyada iyo xarumaha sii-haynta ilmaha intooda badani waxay leeyihiin qorsheyaal kedis iyo tababar dab, dhulgariir iyo duufaan. U hubso in xarunta sii-haynta ilmaha ama dugsi ugu haysato lambarada teleefonka shaqadaada, guriga iyo teleefonka gacanta iyo iimaylkaaga. U hubso in aad weydiisid:
  - Sida waalidka loola xidhiidhi doono marka uu jiro kedis.
  - Waa maxay talaabooyinka la qaadi doono si loo badbaadiyo caruurtaada.
  - Haddii biyo, cunto iyo alaabta gargaarka koobaad oo dheeraad ah ay ku kaydsan yihiin goobta.
  - Sidee buu dugsi ugu qorsheynayaa in ilmaha wax soo gaadheen looga fogeeyo caruurta kale.
  - Meesha caruurta la geyn doono haddii ay qasab noqoto in goobta laga qaxo.
- **Shaqo** – Weydii shaqo-bixiyahaaga siyaasaddooda ku saabsan shaqada iyo qorsheyaasha kediska. U samee qorshe qoyskaaga haddii aad tagaysid shaqo.
- **Dadka leh baahi gaar ah** – Gasho calaamad digniin caafimaad ama jijin/baraarugoo sheegaysa baahidaada daryeel caafimaad. Qorshe u samee qof gargaar bixiya inta lagu jiro kedis. Qofkaasi waxa uu u baahan doonaa inuu soo galo gurigaa oo uu yaqaano sida loo bixiyo daryeel.
  - **Marka la eego kuwa ku nool guriga**, waa in loo hayo dawooyin iyo alaab dheeraad ah.
  - **Marka la eego kuwa u baahan sifeyn kaadi ama daweyn kale oo naftu ku socoto**, waa inaad taqaanid meesha ay ku yaalaan wax ka badan hal goob oo laga siin karo daryeel.
  - **Marka laga hadlayo kuwa ku nool xarun daryeel oo gaar ah**, waa in goobtu leedahay qorshe kedis.

Plan for an Emergency. Somali.

- **Safe shelter** – If there is an emergency where poisons are in the air, you may be told to stay inside. Turn off all furnaces, air conditioners and fans. Close vents. Close and lock all doors and windows. Listen to the television or a battery powered radio for information.
- **Pets** – Make a supply kit for your pet that includes food, water, medicine, a carrier, leash and litter (for cats). Be prepared to bring your pet with you, or to have someone care for your pet. Keep your pets’ vaccines up to date and keep their tags on their collars.

## **Step 2. Prepare an Emergency Kit**

If an emergency happens, you may not be able to get food or water for days or weeks and your electricity may not work. Keep emergency supplies in a container that you can take with you if you need to leave home, such as a large bag or plastic container. Check your supplies every few months for freshness.

Have a **3 day supply** of these items **for each person and pet.**

### **Food and Other Items**

- Water in clean, sealed plastic containers – store one gallon for each person and pet for each day
- Ready to eat canned meats, fruits and vegetables
- Manual can opener
- Protein and fruit bars
- Dry cereal, granola, nuts and crackers
- Peanut butter
- Dried foods such as dried fruits and dehydrated meals
- Canned juices
- Powdered milk or cans of evaporated milk
- Cans or jars of baby food and baby formula
- Pet food

- **Gabood amaan ah** – Haddii uu jiro kedis ah in sumo ay ku jiraan hawada, waxa laga yaabaa in lagu sheego inaad gudaha joogtid. Bakhtii dhamaan shooladaha ama kuleyliyeyaasha, hawo-qaboojiyeyaasha iyo marawaxadaha. Xidh meelaha hawadu ka soo gasho. Xidh oo handaraab dhamaan albaabada iyo daaqadaha. Telefishanka ama raadyow baytari ku shaqeeya ka dhageyso war.
- **Xayawaanka** – Xidhmo alaab ah u samee xayawaankaaga oo ay ku jiraan cunto, biyo, dawo, hogaan iyo xashiishka qoyaanka (waa bisadaha). Diyaar u noqo in aad soo kaxaysid xayawaankaaga, ama uu qof kale kuu sii daryeelo xayawaankaaga. Ka dhig talaalada xayawaankaaga kuwo cusub oo astaamaha lagu garanayo ha ugu dhaganaadaan xadhiga qoorta.

## **Talaabo 2. Diyaari Xidhmo Kedis**

Haddii kedis dhaco, waxa laga yaabaa in aanad awoodin in aad heshid cunto ama biyo dhawr maalmood ama todobaad iyo in aan korontaadu shaqeynin. Ku kaydso alaabtaada kediska weel aad qaadan kartid haddii aad u baahan tahay in aad ka tagtid guriga, sida boorso weyn ama weel ah balaastig. Hubi kaydkaaga dhawrkii bilood ba mar si aad u ogaatid inuu wacan yahay.

Diyaari **kayd ah 3 maalmood** oo ah alaabtaa loogu talagalay **qof iyo xayawaan kasta**.

### **Cuntada iyo Alaabta Kale**

- Biyo ku jira weel nadiif ah oo ah caag daboolan – u kaydi 1 galaan qof kasta iyo xayawaanka maalin kasta
- Hilib, khudaar iyo cagaar qasac ku jira oo diyaar u ah in la cuno
- Qasac fure gacanta ku shaqeeya
- Barootiin ama khudaar qalalan oo dhuudhuuban
- Firiley ama siriyaal qallalan, granola, qolofley iyo busgud
- Subagga lawska
- Cuntooyinka la qalajiyay sida khudar qalalan iyo cuntooyinka biyaha laga saaray
- Miirka khudaarka ee qasaca ku jira
- Caano ah budo ama qasacyo ah caanaaha biyaha laga saaray
- Qasacyo ama dhalooyin ah cuntada ilmaha iyo caanaha ilmaha
- Cuntada xayawaanka

### **Basic Supplies**

- Flashlight and extra batteries
- Battery powered radio and extra batteries
- Sleeping bags or blankets
- Baby supplies such as diapers and bottles
- Paper towels and a disinfectant cleaner or a cleaner with bleach. You can mix your own water and bleach solution. Mix ten parts water with one part bleach.
- Tissues and toilet paper
- Feminine hygiene supplies
- Paper plates, plastic silverware and napkins
- Matches in a waterproof container
- Plastic sheets and heavy tape such as duct tape or electrical tape
- Trash bags
- Plastic bucket with tight lid
- Prescription medicines
- Copies of important family documents stored in a waterproof container including identification, health information for each family member, insurance information and birth certificates
- Extra batteries for equipment such as a wheelchair or hearing aids

### **First-aid Kit**

- Digital thermometer
- Adhesive bandages in different sizes, two and four inch gauze pads, triangular bandages and sterile rolled bandages
- Bandage tape
- Soap and alcohol-based hand sanitizer
- Washcloths and moistened towelettes
- Antibiotic ointment
- Latex gloves
- Scissors, tweezers, a needle and thread and safety pins
- Cotton swabs
- Over the counter medicines to treat fever, pain, stomach problems, coughs, colds and diarrhea

### **Alaabta Aasaasiga ah**

- Toosh iyo baytariyo dheeraad ah
- Raadyow baytari ku shaqeeya iyo baytariyo dheeraad ah
- Boorsooyinka lagu seexo ama busteyaal
- Alaabta ilmaha sida xufaayado ama dheebaro iyo dhalooyin
- Shukumaano ama tuwaalo waraaq ah iyo nadiifiye jeermi-dile ah ama nadiifiye leh cadeeye (bleach). Waxa kale oo aad qasan kartaa badhax ah biyo iyo cadeeye. Toban qaybood oo ah biyo ku qas hal qayb oo ah cadeeye.
- Masarada waraaqda ah iyo waraaqaha mushqusha
- Alaabta caafimaadka haweenka
- Saxamo waraaq ah, saxamo iyo alaabta cuntada lagu cuno sida qaadooyin oo balaastig ah, masarada masaxaadda
- Qaraf ama taraq ku jira weel aan biyuhu galin
- Go'yaal balaastig ah iyo dhejis culus sida "duct tape" ama dhejiska korontada
- Bacaha qashinka
- Baaldi balaastig ah oo dabool adag leh
- Dawooyinka dhakhtarku qoray
- Koobiyada dukumentiyada muhiimka ah ee qoyska oo lagu kaydiyay weel aan biyuhu galin kuna jiraan aqoonsiga, warka caafimaadka ee qof kasta oo qoyska ah, warka caymiska iyo cadeymaha dhalashada
- Baytariyo dheeraad ah oo loogu talagalay qalabka sida kursiga curyaanka ama qalabka maqalka

### **Xidhmada Gargaarka Koobaad**

- Heerkulbeeg dhigital ah
- Faashadaha dhejiska ah oo ah cabbiro kala duwan, duubka shaandhada ah oo ah cabbiro ah laba iyo afar inji, faashadaha saddex-xagalka ah iyo faashadaha duuban oo jeermiga nadiif ka ah
- Dhejis faashad
- Gacmo nadiifiye leh saabuun iyo aalkolo
- Maro la is mariyo iyo tuwaalo/shukumaano yaryar oo qoyan
- Labeen antibiyootiko ah
- Gacmo-galis ah 'latex'
- Maqasyo, qabatooyin, irbad iyo dun iyo biinanka amaanka
- Kuuskuuska suufka ah
- Dawooyinka la iibsado warqad dhakhtar la'aanteed si loo daweeyo qandho, xanuun, dhibaatooyin caloosha ah, qufacyo, hargab iyo shuban

Plan for an Emergency. Somali.



**If you need to leave your home, also include these supplies:**

- Clothes and sturdy shoes
- Coats, hats, rain gear and gloves
- Toothpaste, toothbrush and other toiletries
- Prepaid, long-distance calling card
- Keys for your car and house
- Money and a credit card
- Books, playing cards and board games

**Car Supplies**

Keep a small emergency supply kit in your car at all times with:

- A flashlight with extra batteries
- A sleeping bag or blanket
- Road maps
- First-aid supplies
- Tire repair kit, jumper cables and flares

**Step 3. Listen for Information**

Local and state officials have plans to protect the public. Stay calm and listen for reports on the television, radio or Internet. Have a radio with extra batteries in case there is no electricity. If there is limited communication, you may need to decide what is best for you and your family.

**Haddii aad u baahan tahay in aad ka tagtid gurigaaga, waxa kale oo aad ku dartaa alaabtan:**

- Dhar iyo kabo adag
- Koodhadh, koofiyado, dharka roobka iyo gacmo-galisyo
- Cajiinka ilkaha, burushka ilkaha iyo alaabta kale ee nadaafadda shakhsiga
- Kaadh wicitaan ee lacagtiisa la sii bixiyay oo meel fog lagu wici karo
- Fureyaasha baabuurkaaga iyo gurigaaga
- Lacag iyo kaadhka daynta (credit card)
- Buugaag, turub, iyo ciyaaraha loox lagu dul ciyaaro

**Alaabta Baabuurka**

Ku hayso xidhmo kedis oo yar gudaha baabuurkaaga wakhti kasta:

- Toosh leh baytariyo dheeraad ah
- Boorsada lagu seexo ama buste
- Maababka jidka
- Alaabta gargaarka koobaad
- Xidhmada hagaajinta taayirka, xadhkaha kicinta baabuurka iyo alaabta digniinta ee qiiqa rinjiga leh sii daysa

**Talaabada 3. Dhageyso War**

Saraakiisha degmada iyo kuwo gobolku waxay leeyihiin qorsheyaal lagu badbaadinayo dadweynaha. Is deji oo dhageyso warbixinnada laga soo daayo telefishanka, raadyowga ama internetka. Hayso raadyow leh baytari dheeraad ah si aad u isticmaashid marka aan koronto jirin. Haddii isgaadhsiinto yar tahay, waxa laga yaabaa inaad u baahan tahay inaad go'aan ka gaadhi waxa ugu fiican qoyskaaga iyo naftaada.

1/2007. Content developed through a partnership of the Central Ohio Trauma System, the Columbus Medical Association Foundation, Columbus Public Health, Franklin County Board of Health, Mount Carmel Health, Ohio State University Medical Center and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at [www.healthinfotranslations.com](http://www.healthinfotranslations.com).

Plan for an Emergency. Somali.