

Power Outages

Electrical power outages can happen at any time. They often occur during a storm or after an accident when power lines are damaged. The power company may get the power back on soon. At other times, power may be off for several days.

Sometimes the power company turns off the electricity to an area to save power for one to two hours at a time. The power is restored and then turned off to another area. This is called a rolling blackout. The electricity is most often turned off during times of high use. The power company tries to give warning before turning off power to an area.

If you have medical equipment such as a battery-powered wheelchair or an oxygen concentrator in your home that requires electrical power, let your power company know. They will put you on a list to restore your power more quickly. Also, check with the supplier of your medical equipment for battery backups or backup oxygen tanks in case of a power outage.

Be Prepared

To prepare for a sudden loss of power, have these supplies ready:

- Flashlights and extra batteries or wind up flashlights that do not need batteries
- Battery powered radio and extra batteries
- Food and bottled water for each member of the family
- A phone that does not need electrical power to work
- Battery backups for medical equipment or backup oxygen tanks
- Extra blankets and warm clothing
- Food and water for pets

Korontada oo la Waayo

Korontada oo la waayo waxay dhici kartaa wakhti kasta. Waxay badanaa dhacdaa inta lagu jiro duufaan ama shil dabadii marka ay khadadka korontada waxyeelo soo gaadho. Waxa laga yaabaa in shirkadda korontadu ay dhakhso korontada u soo celiso. Wakhtiyada qaarkood se waxa dhici karta in korontadu maqnaato dhawr maalmood.

Marmarka qaarkood waxa dhacda in shirkadda korontadu ka jarto korontada xaafad si loo madhxiyo korontada mudo ah hal ilaa laba saacadood. Paawarka korontada waxaa lugu celiyaa reidiisii hore oo laga shidaa meel kale. Waxa taa loo yaqaana bakhtiin jadwal leh. Inta badan waxa korontadaa la joojiyaa inta lagu jiro wakhtiga leh isticmaal sare. Shirkadda korontadu waxay isku daydaa inay bixiso digniin ka hor inta aan xaafad laga bakhtiin korontada.

Haddii aad qabtid qalab caafimaad sida kursiga curyaanka oo ku shaqeeya baytari ama ururiye oksijiin oo kuu yaala guriga oo u baahan koronto, u sheeg shirkaddaada korontada. Waxay ku galin doonaan liiska dadka korontada dhakhso loogu soo celinayo. Sidoo kale, weydii cidda soo sameysay qalabkaaga caafimaadka inay hayaan baytariyo kayd laga dhigto ama haamo oksijiin oo kayd laga dhigto si loo isticmaalo wakhtiga korontada la waayo.

Diyaar Noqo

Si aad isugu diyaarisid korontada oo si lama filaan loo waayo, sii diyaarso alaabtan:

- Tooshash iyo baytariyo dheeraad ah ama tooshashka gacanta lagu buuxiyo ee aan u baahnayn baytariyo
- Raadyow baytari ku shaqeeya iyo baytariyo dheeraad ah
- Cunto iyo biyo dhalo ku jira oo loogu talagalay qof kasta oo ka tirsan qoyska
- Teleefon aan u baahnayn koronto si uu u shaqeeyo
- Kayd baytariyo oo loogu talagalay qalabka caafimaadka ama haamo oksijiin oo kayd ah
- Busteyaal dheeraad ah iyo dhar diiran
- Cunto iyo biyo loogu talagalay xayawaanka

Power Outages. Somali.

During Power Outages

- Use a flashlight for emergency lighting. If you need to use candles, never leave them burning when you leave the room or go to sleep.
- Turn off electrical equipment to prevent a surge of electricity when the power comes back on.
- Avoid opening the refrigerator and freezer so food stays cold.
- Listen to the radio for information.
- Use the phone for emergencies only.
- Call 911 only in a life-threatening emergency.
- Limit travel. Traffic lights and gas pumps may not work.
- Seek shelter with family, friends or at a community shelter if the power is out for a long time, or when it is very hot or cold.

Carbon Monoxide (CO)

During a power outage, people may use other types of fuel for heating and cooking. **Using propane, kerosene or other types of fuel in a closed building can cause carbon monoxide (CO) to build up** and poison the people inside. CO is a gas that has no odor and no color. If inhaled, it can cause sudden illness, loss of consciousness and death. The most common signs of CO poisoning are:

- Headache
- Dizziness
- Weakness
- Nausea and vomiting
- Chest pain
- Confusion

People who are exposed to CO while sleeping may die before waking up. One early sign of CO poisoning is mental confusion. If you suspect CO poisoning, **have everyone go outside right away and then call 911.**

Inta Lagu Jiro Koronto Waaga

- Toosh u isticmaal iftiin degdeg ah. Haddii aad u baahan tahay inaad isticmaashid shumacyo, waligaa marna ha ka tagin iyaga oo olalaya marka aad tagaysid qolka ama aad hurdo tagaysid.
- Bakhtii qalabka korontada si aad uga hortagtid butaaxid koronto marka korontada la soo celiyo.
- Iska ilaali in aad furtid qaboojiyaha iyo barafeeyaha si cuntadu marwalba u ahaato qabow.
- Raadyowga ka dhageyso war.
- Teleefonka u isticmaal degdegga kaliya.
- Wac 911 kaliya marka ay jiraan degdeg nafta halis galinaya.
- Yaree safarka. Waxa laga yaabaa in nalalka/laydhka taraafigga iyo goobaha shidaalku aanay shaqaynaynin.
- Hoy ka raadso qoyska, saaxiibada ama gaboodka beesha haddii korontadu maqan tahay wakhti dheer, ama marka uu jiro kulayl ama dhaxan badan.

Kaarboon Hal Oksijiin (CO)

Inta lagu jiro koronto waaga, waxa laga yaabaa in dadku kulaylinta iyo karinta u isticmaalaan noocyo shidaal oo kale. **Boroobayn, kiroosiin ama noocyo shidaal oo kale oo lagu isticmaalo dhisme xidhan waxay keen kartaa in kaarboon hal oksijiin (CO) is biirsato** oo ay sumeyso dadka ku jira gudaha. CO waa neef aan lahayn ur iyo midab toona. Haddii hawo ahan loo neefsado, waxay keeni kartaa cudur dhakhso ah, miyirka oo luma iyo geeri. Calaamadaha ugu caansan ee sumowga CO waa:

- Madax-xanuun
- Dawakh/miyir doorsi
- Tamar-dari
- Lallabo iyo matag
- Laab xanuun
- Wareer

Dadka ay soo gaadho CO iyaga oo hurda waxa laga yaabaa inay dhintaan iyaga oo aan toosin. Hal calaamad goor hore la arko oo digniin u ah sumowga CO waa wareer maskaxda ah. Haddii aad tuhunsan tahay sumow CO, **qof kasta dibadda u saar si degdegah ka dibna wac 911.**

To prevent CO poisoning, have at least one carbon monoxide detector with a battery backup in your home. Check that it works and replace the battery every 6 months. Other ways to prevent CO poisoning:

- **Never** use a gas range or oven to heat a home.
- **Never** use a grill, camp stove, generator or any gasoline, propane, natural gas or charcoal burning device inside a home, garage or other building even if the doors or windows are open.
- **Never** use a grill, camp stove, generator or any gasoline, propane, natural gas or charcoal burning device near a window, door or vent where the gases can go into the building.
- **Never** leave a car running in a closed garage.
- **Never** hook a generator directly to your home's wiring. Connect appliances or equipment directly to the outlets on the generator. Get advice from an electrician on how to safely use a generator.

Food Safety

Keep the refrigerator and freezer doors closed as much as possible. Check the temperature of food before you eat it. **Throw away any food that gets warmer than 40 degrees Fahrenheit.**

The food in your refrigerator:

- If the power is out less than two hours, the food should be safe to eat.
- If the power is out more than two hours, pack the food in a cooler and put ice around it.

The food in your freezer:

- If your freezer is half full, the food should stay safe for 24 hours.
- If the freezer is full, the food should stay safe for 48 hours.

Si looga hortago sumowga CO, gurigaaga ku hayso ugu yaraan hal mid oo ah qalabka sheega kaarboon hal oksijiiu oo leh baytari kayd ah. Hubi in qalabkaasi shaqeynayo kana beddel baytariga 6 bilood ba. Siyaabaha kale ee looga hortago sumowga CO waa:

- **Marna** shoolad ama fooro ha isticmaalin si aad gurigaaga u kulaylisid.
- **Marna** giriil, shooladda miyigga, koronto-dhaliye ama qalab kale oo ku shaqeeya baatroot, boroobayn, neefta dabiiciga ah ama guba dhuxul ha ku isticmaalin gudaha guriga, geerashka ama dhisme kale xiitaa haddii albaabada ama daaqaduhu furan yihiin.
- **Marna** giriil, shooladda miyigga, koronto-dhaliye ama qalab kale oo ku shaqeeya baatroot, boroobayn, neefta dabiiciga ah ama guba dhuxul ha ku isticmaalin meel u dhow daaqad, albaab ama meel hawadu ka soo gasho keeni kartana in uu naqasku u sii gudbo gudaha dhismaha.
- **Marna** baabuurka oo maatoorku socdo ha kaga tagin geerash xidhan.
- **Marna** koronto-dhaliye toos ha ugu xidhin waayirada ama fiilooyinka gurigaaga. Qalabka aad isticmaalaysid toos ula xidhiidhi bareeyoosinka ama fiishta ku yaala koronto-dhaliyaha. Ka tala qaado koronto-yaqaan si aad si amaan ah u isticmaashid koronto-dhaliyaha.

Amaanka Cuntada

Albaabada qaboojiyaha iyo barafeeyuhu ha xidhnaadaan intii suurogal ah. Hubi heerkulka cuntada ka hor inta aanad cunin. **Iska tuur cunto kasta oo ka diiran 40 darajo oo ah Fahrenheit.**

Cuntada ku jirta qaboojiyahaaga:

- Haddii korontadu maqnaato wax ka yar laba saacadood, waa in cunista cuntadu amaan ahaato.
- Haddii korontadu maqnaato wax ka badan laba saacadood, ku rid cuntada qaboojiyaha gacanta lagu qaato kuna wareeji baraf.

Cuntada ku jirta barafeeyahaaga:

- Haddii barafeeyahaagu kala badh buuxo, waa in cuntadu amaan ahaato mudo ah 24 saacadood.
- Haddii barafeeyuhu buuxo, waa in cuntada amaan ahaato mudo ah 48 saacadood.

Water Safety

If the power goes out in a large area, water may not be safe for drinking, cooking and washing. The local health department will issue alerts about the safety of water for drinking, cooking and washing.

If your water is not safe to drink, use bottled or boiled water to wash dishes, brush your teeth, wash and prepare food and wash your hands. Use bottled water to make baby formula. You can use an alcohol-based hand sanitizer to clean your hands. Use bottled or boiled water until health officials tell you your water supply is safe. For boiled water, bring water to a rapid boil for one minute to kill most germs and parasites.

Extreme Heat

If you have no air conditioning during a power outage and the weather is very hot, there is a risk for heat stroke, heat exhaustion, heat cramps and fainting. Heat stroke is very serious and can cause death if not treated right away. With heat stroke, the body cannot control its own temperature, sweating stops and the body temperature may rise very fast.

The signs of heat stroke are:

- Red, hot and dry skin
- No sweating
- Rapid and strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness
- A body temperature over 103 degrees Fahrenheit

Amaanka Biyaha

Haddii aag weyn ay korontadu ka go'do, waxa laga yaabaa in biyuhu aanay amaan u ahayn cabista, karinta iyo maydhista. Waaxda caafimaadka ee degmada ayaa soo saari doonta digniin ku saabsan sida ay biyuhu amaan ugu yihiin cabista, karinta iyo maydhista.

Haddii biyuhu aanay amaan u ahayn cabista, isticmaal biyo ku jira dhalo ama la kariyay si aad u dhaqdid saxamada, u nadiifisid ilkahaaga, u dhaqdid oo u diyaarisid cuntada una dhaqdid gacmahaaga. Istimaal biyo ku jira dhalo si aad u diyaarisid caanaha ilmaha. Waxa aad isticmaali kartaa nadiifiye ay ku jirto aalkolo si aad u nadiifisid gacmahaaga. Istimaal biyo dhalo ku jira ama la kariyay ilaa ay saraakiisha caafimaadku kuu sheegayaan in kaydka biyuhu amaan yahay. Si aad biyaha u karkarisid, biyahaa gaadhsii kar dhakhso ah ilaa hal daqiiqad si ay u dhintaan jeermiga iyo deris-ku-noolka intooda badan.

Kulaylka Siyaadada ah

Haddii aanad lahayn qalabka hawada guriga qaboojiya isla markaana korontadu go'an tahay cimiladuna si weyn u kulushahay, waxa jira halis ah ku-dhufasho kulayl, la-tacbaanid kulayl, maroojin kulayl iyo suuxid. Ku-dhufashada kulaylku si weyn bay u culus tahay waxana ay keeni kartaa geeri haddii aan isla markiiba la daweyn. Marka ay jirto ku-dhufasho kulayl, jidhku ma xukumi karo heerkulkiisa, waxa joogsada dhididka waxana laga yaabaa in heerkulka jidhku si dhakhso ah sare u kaco.

Calaamadaha ku-dhufashada kulaylku waa:

- Maqaar cas, kulul oo qalalan
- Ma jiro dhidid
- Garaac wadne oo dhakhso iyo xoog leh
- Madax-xanuun dakaan leh
- Dawakh
- Lallabo
- Wareer
- Miyir la'aan
- Heerkul jidh oo ka sareeya 103 darajo Fahrenheit

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To prevent and treat heat stroke:

- Drink a glass of fluid every 15 to 20 minutes and at least one gallon each day. Do not drink alcohol or caffeine. These fluids can dehydrate you.
- Wear lightweight, light colored, loose clothes.
- Go to a cool place, sit or lie down, drink water, and wash your face with cool water if you feel dizzy, weak or overheated. If you do not feel better soon, **call 911**.
- Cool yourself by getting in a cool bath, taking a cool shower or wrapping yourself in a cool, wet sheet.
- Check your body temperature and continue cooling efforts until body temperature drops below 101 degrees Fahrenheit or medical help arrives.
- Open windows if outdoor air quality is good.

Extreme Cold

If you have no heat during a power outage and the weather is very cold, there is a high risk of hypothermia. This is when a person's body temperature is below 95 degrees Fahrenheit or 35 degrees Celsius. Hypothermia is caused by a sudden loss of body heat most often from being in cold water or cold temperatures.

The signs of hypothermia are:

- Confusion
- Sleepiness
- Disorientation
- Mumbled speech
- Trouble walking or moving
- Changes in behavior

Si looga hortago oo loo daweeyo ku-dhufashada kulaylka:

- Cab koob cabitaan ah 15 ilaa 20 kii daqiiqadood iyo ugu yaraan hal galaan maalin kasta. Ha cabin khamri ama kafeyn. Cabitaanadaasi waxay keeni karaan in biyuhu ka yaraadaan jidhkaaga ama ku qalajiyaan.
- Gasho dhar khafiif ah, leh midab khafiif ah, oo nafis ah.
- Tag meel qabow, fadhiiso ama jiifso, cab biyo, oo wajigaaga ku dhaq biyo qabow haddii aad dareentid dawakh, tamar-dari ama kulaylku kaa bato. Haddii aanad dhakhso u fiicnaan, **wac 911**.
- Is qabooji adiga oo galaya biyo qabow oo ku jira saxanka maydhashada ama qubayska, qaadanaya qubays qabow ama isku duubaya go' qabow oo qoyan.
- Hubi heerkulka jidhkaaga oo sii wad dadaalkaaga isqaboojinta ilaa heerkulka jidhku ka hoos marayo 101 darajo Fahrenheit ama gargaar caafimaad ku soo gaadhayo.
- Fur daaqaadaha haddii tayada hawada dibaddu fiican tahay.

Qabowga Daran

Haddii aanad haysan kulaylinta guriga inta korontadu maqan tahay isla markaana cimiladu si weyn u qabowdahay, waxa jirta halis ah yaraan kul jidh (hypothermia). Taasi waa marka heerkulka jidhka ee qofku ka hooseeyo 95 darajo Fahrenheit ama 35 darajo Selsiyas. Yaraanta kul jidh waxa sababa kulka jidhka oo dhakhso u luma taasoo badanaa ka imanaysa biyo qabow oo lagu dhex jiro ama heerkul hawo oo qabow.

Calaamadaha yaraanta kulka jidhku waa:

- Wareer
- Hurdo-hurdo
- Dayow/jaho-wareer
- Hadal isku darsan
- Socodka ama dhaqaaqa oo dhib ah
- Isbeddelo ah dabeecadda

To prevent hypothermia:

- Eat and drink plenty of food and fluids
- Wear layers of clothing
- Move around
- Change your clothes if they are wet
- Stay indoors

If you think a person has hypothermia, **call 911**. A person with hypothermia needs to be re-warmed slowly. Until help arrives, give the person a warm drink and wrap the person with blankets. **Do not** rub or massage the person's skin. **Do not** use heat or hot water. **Do not** give alcohol to drink.

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Si looga hortago yaraanta kulka jidhka:

- Cun oo cab cunto iyo cabitaano badan
- Gasho lakabyo dhar ah ama kala sareeya
- Samee dhaqdhaqaaq
- Beddel dharka haddii ay qoyaan
- Joog gudaha

Haddii aad u maleynaysid in qof qabo yaraan kul jidh, **wac 911**. Qof leh yaraan kul jidh waxa uu u baahan yahay in si tartiib ah loo diiriyo. Inta gargaarku ka imanayo, sii qofka cabitaan diiran oo ku duub busteyaal. **Ha** xoqin ama ha duugin maqaarka qofka. **Ha** isticmaalin kul ama biyo kulul. **Ha** siin khamri uu cabo.

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