

CPR ka Gacmaha Kaliya

Xaqiiji in goobtu amaan tahay

Haddii qofku uusan nuuxsanayn uusana caadi uneefsanaayn:



WAC 9-1-1

Ama udir qofkale inuu waco 9-1-1

Sheeg meesha aad joogto

Sheeg luuqada aad ku hadasho, hadaysan Ingiriis ahayn



SI ADAG OO BOOBSIIS AH URIIX

Adoo kariixaya bartanka xabadka

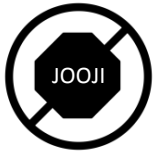
Ugu yaraan 2" (5 cm) jeer oo hoos ah



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:

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Public Health
Seattle & King County



SOMALI