



# do **1** thing

*Himilada Do 1 Thing waa inay ku dhaqaajiso ashkhaasta, qoysaska, ganacsiyada iyo bulshadu inay u diyaargarobaan halisaha oo dhan ooy noqdaan qaar masiibada u adkaysta.*

**YOOLKA:** Ka dhig bulshadaada mid xoogan adoo tabobaraya kuna lug yeelanaya.

## Ku Lugeeelo

Waxay ku qaadataa in badan bilays, dab-damis iyo EMS inay jawaabaan masiibo. Waxay ku qaadataa dadka isku xilqaamay xaafado, kiniisado, dugsiyo iyo ururo mutadawiciin ah. Marka dadku jecel yihiin inay ka wada shaqeeyaan wanaaga dadka kale, bulshadu waa ka awood badan tahay.

Dadka ku lugta lihi waa furaha bulshada u adkaysata masiibada. Waxay jecel yihiin awoodna u leeyihiin inay eegaan kuwa kale. bulsho adkaysi lihi waa ta u adkaysan karta masiibo dibna ugu soo laabata caadigii si dhakhso ah (xiitaa haddii caadigu aanu la mid ahayn siday ahayd kahor).

**Dooro mid kamida waxyaalahan soo socda si aad u samayso bishan si aad si fiican ugu diyaargarawdo:**

**Xidhiidhi dadka takooran jaarkaaga ama bilaw urur xaafadda ah.**

Dadka takoorani aad ayey u nugul yihiin xilliga masiibada iyo kadib. Waxa suurogal ah inayna caawo dalban ama raacin tilmaamaha gurmada. Dadka da'da ah ama kuwa naafada ahi waxa ku adkaan karta kabixista guriga, waxaana dhici karta inay xidhiidh badan la lahayn adduunka debadda. Qofka aan Ingiriisiga si fiican ugu hadal waxa dhici karta inay ku adkaato fahamka tilmaamaha gurmada. Dadka sidoo kale waxa loo takoori karaa sababtoo ah waxay ku cusub yihiin meesha, ama saacadaha shaqadooda ayaa ka manciyey barashada jaarka

Waa kuwee dadka takoorani xaafaddaada? Wakhti aad kula kulanto qaado. Ka caawi inaad qorshe ugu samayso gurmada, kuna dar sixistooda qorshahaaga.

Neighborhood Watch, ururada xaafadda, iyo xarumaha xaafadda waxay noqon karaan qaab fiican ood bulshadaada ugu xidhmi kartid ood si fiicana ugu xidhnaato xaafaddaada. Haddii xaafaddaadu aanay lahayn urur noocan ah, ka fikir inaad mid bilawdo. Waxa jira khayraad laga heli karo onlayn [www.usaonwatch.org](http://www.usaonwatch.org) ama adoo wacaya bilayska deegaankaaga.

## **Sare u qaad diyaargarawga gurmada bulshadaada.**

Ilaalada, kooxaha adeegga, ururada deggenyaasha, bulshooyinka diinta—ugu dhwaan urur kasta ood leedahay wuxuu la rafiiqi karaa diyaargarawga gurmada. Ururada sare u qaada diyaargarawga gurmada waxay ka dhigaan bulshadooda mid awooda inay u adkaysato kana kabsato masiibada. Halkan waxa ah soojeedimo ku lugyeelashada ururkaaga:

- Ku dar mawduuca diyaargarawga Do1Thing ee warsidayaasha bil kasta.
- Kala hadal hoggaamiyahaaga ilaalada sida hawlaha Do1Thing loo isticmaali karo xagga calaamadda diyaargarawga.
- Yeelo mashruuc adeeg si aad ugu samayso agabka gurmada dadka da'da ah ama carruurta jooga guriga kaligood.
- Booq [www.do1thing.com](http://www.do1thing.com) si aad u aragto sida ururada kale ay sare ugu qaadaan diyaargarawga bulshadooda.

Laanqayrta Cas, Ready.gov, iyo ururo kale oo badani sidoo kale waxay sare u qaadaan diyaargarawga. Raadi walxaha ururkaaga anfacaya rafiiqna u noqo diyaarinta bulshadaada!

## **Noqo mutadawac bulshadaada (CERT, Laanqayrta Cas, Neighborhood Watch, iwm.).**

Waxa jira meelo badan oo iskaa wax looga qabto bulshadaada. Waaxo bilay iyo dab-damis waxay isticmaalaan mutadawiciin si ay u caawiyaan mashaariicda, dhacdooyinka, ama barnaamijka gaarka ah. Laanqayrta Cas ee Maraykanka, Salvation Army, iyo ururo kale waxay tabobaraan mutadawiciinta masiibooyinka.

Haddaad xiisaynayso caawinta bulshadaada ama bulshooyinka kale xilliga masiibada, ka noqon mutadawac Laanqayrta Cas ama qaybta Salvation Army. Laakiin ha sugin dhicis masiibada—hadda mutadawacnimada bilaw. Ururadani u diri maayaan mutadawiciin aan tabobarrayn meelaha masiibada.

Sidoo kale, bulshooyin badani waxay leeyihiin xarun mutadawac ama Barnaamijka Mutadawaca Hawgabka iyo ka Da'da ah (RSVP). Barnaamijyadani waxay bixin karaan fursado si ay u caawiyaan bulshadaada kuwaasoo ku habboonaan doona jadwalka iyo awoodahaaga.

Haddaad hore u ahayd xubin urur mutadawac ah, ka fikir ku lugyeelashada kooxdaada ee VOAD (Ururrada Mutadawaca ah ee Firfircoon Masiibada). VOAD waa barnaamij qarameed kaasoo ka caawiya kooxa mutadawiciinta ahi inay bulshadooda ka shaqeeyaan xilliga masiibada.



*Diyaargarawga bulshadu wuxuu ka bilaabmaa guriga. Haddaad ogtahay in qoyskaagu ku diyaargarobay guriga, waxaad si fiican u awoodi caawinta kuwa kale ee bulshadaada.*