

# Marka Amaanka Hubka yo Amaan U Kaydintu Yahay Yoolkaaga



Shayga ugu amaansan ee aad samayn karto marka ruux khatar korodhsan ugu jira inuu khaarajiyo naftisu uu gurigaaga ku sugaran yahay waa inaad **dhigto hubkaaga meel ka baxsan gurigaaga**.



Marka kowaad, daawo **fiidyawgan gaaban** ee ku saabsan waxa dhalinyartu wajahaan iyo sida aad gacan uga geysan karto **Ilaalinta ilmahaaga**.



Marka xiga, wax ka oggow **qorshaha amaanka** adiga oo kaashanaya dhakhtarka cilmi nafsiya iyo khabirka hubka si aad gurigaaga uga dhigto mid amaan ah.



Hubka ayaa ah **qaabka ugu badan ee nafta lagu khaarajiyo**. U dhaxaysiinta wakhti iyo masaafad ruuxa qaba mushkilada iyo hubka ayaa badbaadisa nololo. Ilaali caruurta dhawr iyo tobantirada ah oo ka baaji khaarajinta nafta adiga oo ku xidhaya qoriga iyo rasaasta khasnado amaan ah ama meel kale geyaya oo guriga ka baxsan ilaa inta mushkiladu meesha ka baxayso. **Daawo fiidyawgan** si aad uga hesho hal tusaale oo ah sida amaanka hubka gacan uga geysan karo ilaalinta nolosha.

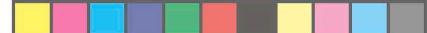
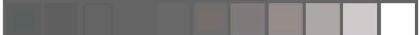


Gal **tobobankeena Wacyigelinta Khaarajinta Nafta ee LiVe Well** si aad wax badan uga ogaa kahortaga khaarajinta nafta iyada oo la adeegsanayo agabka aad u baahan tahay si aad uga hadasho khaarajinta nafta oo gacan uga geysato kuwa ku jira mushkiladaha khaarajinta nafta inay badbaadaan oo ay helaan khayraadka ay u baahan yihiin.

► English



► Español



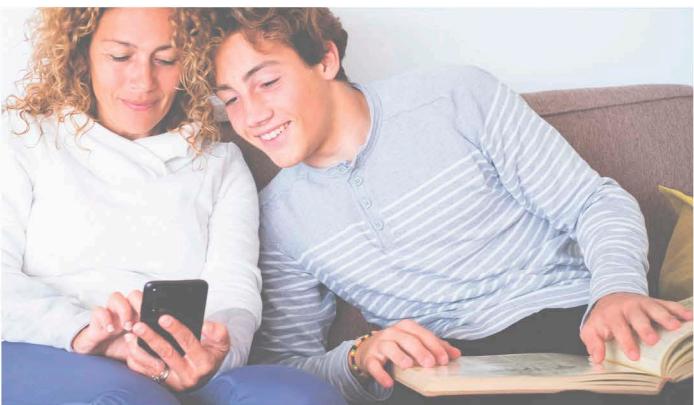
## Ikhtiyaarada Ku Kaydinta Meel Ka Baxsan Meesha oo Ammaan ah Waxaa Kamid ah:

**Xubin Qoys ama Saaxiib Lagu Kalsoon Yahay:** Taleefanka u dir saaxiib ama xubin qoys. Kaliya adiga iyo ruuxa qoyskaaga ah idinma badbaadinayso, laakiin sidoo kale waxay ku siinaysaa taageero dheeraad ah oo aad wakhtiga adag ku maarayso.

**Bilayska:** La hadal bilayska deegaankaaga si aad u fahanto nidaamka aad ugu dhiibi karto hubkaaga oo ay kuugu soo celiyan.

### Meel Kale Dhig oo ah Istoodh Aad Kiraysato oo Aad Ku Kaydsato:

Xarumaha qaar waxay leeyihiin sanduuqyo wax lagu kaydiyo oo amaan ah iyo ikhtiyaaro ka yaryar hadii aad ku kaydsanayso baastoolado. Hadii aad haysato qoryo waawayn, waxa aad u baahan tahay meel wayn oo aad ku kaydsato.



**Meelaha Shiishka Lagu Barto ama Tukaamada Qoryaha Lagu libiyo:** Xarumaha qaar ayaa leh ikhtiyaaro kaydin. Marka hore lasii hadal si aad u ogaato. Wuxuu aad sidoo kale qorigaaga ugu geyn kartaa si laguugu nadifiyo oo laguugu dayac tiro waxana aad ka dalban kartaa inay kuu hayaan illaa khatartu ay ka yaraanayso.

**Tukaanada Alaabta Lagu Rahmo:** Qaar badan oo tukaanada alaabada lagu rahmo ah ayaa kuu hayn kara qoryahaaga iyaga oo ah alaab rahan ah ama kharash yar iyaga oo kaa qaadaya. Marka hore lasii hadal si aad u xaqiijiyoo inuu sidaa kuu samayn karo tukaanka alaabada lagu rahmo ee deegaankaagu.



## Marka In Meel Kale oo Aad Gaysaa ayna Macquul Ahayn, Ikhtiyaarka Ku Xiga ee Lagu Kaydin Karo Guriga Waxaa Kamid ah:

### Ku Kaydi Hubkaaga Sanduuqa Qoriga ama Sanduuq Si Gaar ah Loogu Talo Geley Hubka oo Qufulan:

Sanduuqa Qoriga ayaa ah ikhtiyaarka kaydinta ugu wanaagsan ee guriga. Ku quful qori aan cabaysnay qufulka qoryaha ee xadhiga lagu xidho, oo waxa aad ka saartaa keebka oo waxa aad dhigtaa meel amaan ah, oo bedel furayaasha lagu galoo. Xubnaha qoyska badanaa waxay yaqaanaan "baaswoodhada qoyska" ee sanduuqa qoryaha, bedel si aad u kordhiso amaan.

**Si Kumeel Gaadh ah Rasaasta Meel Kale u Dhig:** Si kumeel gaadh ah rasaasta uga qaad gurigaaga ama waxa aad dhigtaa meel qufulan oo ka duwan meesha qoriga.

### Qufullada Keekba iyo Qufullada Xadhig-ku-xidhka:

Qufullada keekba iyo qufullada xadhig-ku-xidhku ammaan uma aha sida ku qufulista qoriga sanduuq, laakiin waxay dhaantaa in aad waxbaba lagu xidhin. Sidoo kale, waxaa loo isticmaali karaa sanduuqa qoriga si amaan dheeraad ah looga helo.



**Ka Saar Qayb Muhiim ah Qoriga:** Wuxuu aad ka saartaa irbadda rididda "firing pin", ridaha sare "slide", ama qayb kale oo muhiim ah oo waxa aad u dhiibtaa xubin qoyska ah ama saaxiib si ay kuugu hayso ilaa inta khatartu dhamaanayso.

## Ikhtiyaaro Kale



Badbaadadaada ayaa ah mudnaanteena koowaad. **Agab taageerada go'aanka** oo bilaash ah, oo sir ah ayaa kaa caawin kara inaad gaadho go'aamada ku saabsan si kumeel gaadh ah u yaraynta helitaanka waxyaabaha ay suuragal tahay khatartoodu sida hubka, daawooyinka, shayada leh afka, ama shayada kale ee qoyska.



## Ikhtiyaaradee ayaan Lagu Talin?

**Qarinta Hubka ayaan Lagu Telin:** Xubnaha qoyska badanaa way yaqaanaan meel kasta oo wax lagu qariyo.

**In Aan Waxba La Samaynin ayaan Lagu Talin:** Hadii ruux gurigaaga ku sugar oo ka fikiro khaarajinta naftiisa ama qorshaynayo ama isku dayayo, fadlan waa in xaaldooda aad u qaadato dhab; gurigaaga amaan ka dhig adiga oo bedelaha furayaasha sanduuqyadaada oo raacaya talooyinkan iyo talooyinka kale ee amaan.

Hadii adiga ama ruux kale oo aad garanayso uu la kulmo mushkilad caafimaadka maskaxda ah, fadlan la hadal 988

**988 SUICIDE & CRISIS LIFELINE**



The Jed Foundation

NAMI Utah

Utah Shooting Sports Council

Utah Department of Veterans & Military Affairs

Utah Department of Health & Human Services

Utah State Board of Education

Utah Department of Health & Human Services

Intermountain Healthcare

Utah Department of Health & Human Services

Utah Department