

FAALIGA HALYEY WEYN U NOQO!



WAA MAXAY FAALIGU?

Faaligu waxa uu dhacaa marka dhiigga (iyo ogsijiin) aanay geli karin maskaxda sababtoo ah xinjir dhiig ama xidid dhiig oo jabay.

BE FAST

OGOW CALAAMADAHA DAGDAGA AH EE FAALIGA

- B** Balance (Dheelitirnaan la'aan): dheelitirnaan la'aan ama wareer
E Eye (Indhaha): Isbeddelka aragtida Indhaha
F Face (wajiga): wajiga oo hoos u dhacaya
A Arm (gacanta): gacantoo daciif noqota ama kabuubyo leh
S Speech (hadalka): hadalka oo hagahaga yeesha
T Time (wakhtiga): wakhtiga ay tahay in la waco 9-1-1



DAAWAYN DHAKHSO AH = DHAAWACA MASKAXDA OO YARAADA

- **Wac 9-1-1** si aad u hesho daawayn degdeg ah ama bukaanKA faaliga ugu qaado cisbitaalka sida ugu dhakhsaha badan ee suurtoogalka ah
- **Faaligu waa wax la daweyn karo** sida ugu dhakhsaha badan ee qofku u heli karo daawaynta cusbitaalka, waxaa yaraanaysaa suurtoogalnimada inay u dhintaan ama ay naafo u noqdaan faaliga (sida socodka ama hadli kari waayaan).



VOICE COMMAND (AMARKA CODKA)

Dheh:

- OK Google, call 911 (Hagaag Google, Wac 911)
- Hey Siri, call 911 (Hallow Siri, wac 911)



TALEEFAN XIRAN

- Kor u jiid ama taabo badhanka bogga koobaad
- Taabo Gurmada
- Wac 911

BE FAST waxa laga soo minguuriyay Intermountain Healthcare. BE FAST waxaa soo saartay Intermountain Healthcare, iyadoo la waafajinayo hirgelinta qaabka FAST ee the American Stroke Association. Dib loo soo saaray iyadoo ogolaansho laga haysto Intermountain Healthcare. Xuquuqda daabacaadda 2011, Intermountain Healthcare.

Kansas
Department of Health
and Environment



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