

Liiska Hubinta ee Badqabka ilmaha

Child Safety Checklist

Keep your home safe for babies and children. Share this checklist with anyone who cares for your child. **Keep emergency phone numbers, such as doctor, fire department, poison control (1-800-222-1222) and 911, close to the phone.** Teach your older children how and when to call 911 or other emergency phone numbers.

Watch Your Child Closely

- Never leave your baby or young child alone:
 - › at home
 - › in a bathtub
 - › in a car, even when your child is sleeping
 - › on a raised surface, such as a bed, changing table or sofa
- Do not leave your baby or young child alone with other children or uncaged pets.

Safety with Baby Care

- Do not let anyone drink hot liquids while holding your baby.
- Do not let anyone smoke around your baby.
- Place your baby on his or her back every time to sleep.
- Do not lay your baby on a waterbed, pillow or other soft surface that could suffocate him or her.
- Never prop a bottle during a feeding.

Ka dhig gurigaaga mid aamin u ah dhallaanka iyo carruurta. Liisgaan hubinta la wadaagga qof kasta oo daryeela cunuggaaga. **Hayso lambarrada taleefanka deg-degga ah, sida dhakhtarkaaga ka, waaxda dab-damiska, xakamaynta sunta (1-800-222-1222) iyo 911, meel u dhaw taleefanka.** Bar carruurtaada waaweyn sida iyo goorta la waco 911 ama lambarrada taleefannada kale ee degdegga ah.

U Ilaali Cunugaaga Si dhow

- Weligaa haka tegin cunugaaga ama ilmaha yar keligood:
 - › guriga
 - › baraagta lagu qubeysto
 - › gaari, xitaa haddii cunugaagu uu hurdo
 - › meel taag ah, sida sariir, miis ama fadhig
- Ha uga tagin dhallaankaaga ama cunuggaaga keligiis inuu la joogo carruurta kale ama xayawaanaadka guriga jooga.

Nabadgelyada Daryeelka Carruurta

- Ha u oggolaan in qofna cabo cabitaanno kulul marka uu hayo cunuggaaga.
- Ha u ogolaanin qofna inuu sigaar ku cabo agagaarka cunuggaaga.
- Cunuggaaga u seexi dhabarka mar kasta oo aad seexinaysid.
- Cunuggaaga ha dul dhigin sariirta barkada biyaha, barkimooyin ama meelaha jilicsan ee neefta ku xiri kara.
- Weligaa dhalada ha ku shubin inta aad quudineysid.

Clothing Safety

- Remove drawstrings in clothing.
- Use flame retardant sleep sacks and onesies.
- Do not put necklaces, rings or bracelets on babies.
- Never tie anything around your baby's neck, even to hold a pacifier.

Nursery and Equipment Safety

- Buy baby furniture with the Consumer Product Safety Commission (CPSC) or the Juvenile Products Manufacturers Association (JPMA) label.
 - › Choose a crib with slats no more than 2 3/8 inches apart and railing that measure 26 inches high from the mattress frame. Do not use a crib with chipped paint or broken parts. Do not use side drop models.
 - › Choose playpens that have mesh with less than 1/4 inch spaces. Make sure the material is securely attached to the top rail and bottom. Never leave the side of a playpen lowered.
- Use a crib mattress that fits snugly.
- Never place pillows, padding, bumpers, toys or other items in your baby's crib or playpen. Babies can suffocate on these items.
- Do not use baby walkers. Each year babies are seriously injured from falls while in walkers.

Badbaadada Dharka

- Kasaar xargaha lagu xiro dharka.
- Isticmaal dharka hurdada ee u adkaysan kara dabka ama gubashada.
- Ha u xirin silsilad, faraanti ama jijimooyin carruurta.
- Weligaa wax ha ku xerin qoorta cunuggaaga, xitaa haddii aad rabto inaad ku xoojiso qalabka carruurta afka loo geliyo.

Badbaadada Qalabka iyo Xanaanada

- libso qalabka caruurta ee leh astaamaha Komishanka Badbaadada Alaabada Macaamiisha (CPSC) ama Ururka Soosaarista Alaabada Dhalinta (JPMA).
 - › Xulo sariir leh alwaaxyo aan ka badneyn 2 3/8 inji isu jira iyo alwaaxo oo cabirkiisu yahay 26 inji dherer ahaan ka sareeya joodariga. Ha isticmaalin sariir leh rinji ama qaybo jaban. Ha isticmaalin nooca sariirta gees loo furi karo.
 - › Xulo khaanadaha ciyaarta oo leh fiilooyink wax ka yar 1/4 inji ah Xaqiiji in sheyga si amaan ah loogu xiray dhanka kore iyo dhanka hoose ee alwaaxda. Waligaa ha uga tagin iyadoo alwaaxda sariirta geeskeeda ah oo gaabsan.
- Isticmaal joodari si fiican ula eg sariirta.
- Weligaa barkimooyin, dhar, boombalooyin ama shey ha dhigin sariirta cunugga. Carruurta neefta ayaa ugu xirmi karta waxyaabahaan.
- Ha isticmaalin qalabka carruurt lagu socodsiiyo. Sanad kasta carruurta ayaa si halis ah u dhaawacma sababtuna ay tahay dhicitaan marka ay isticmaalaayan qalabka lagu socodsiiyo carruurta.

Safety in All Rooms of the House

- Put safety latches on all cabinets and drawers that contain sharp or breakable objects, chemicals or medicines.
- Put outlet covers on all electrical outlets.
- Put a baby gate at the top and bottom of all stairways.
- Cover corners and sharp edges of furniture with corner protectors.
- Keep items such as electrical cords and plants out of children's reach.
- Put screens around fire places, hot radiators, stoves, kerosene or space heaters.
- Lock or latch windows properly. Keep blind and drapery cords wrapped and out of reach to prevent accidental hanging.

Kitchen Safety

- Keep hot drinks and foods, knives, cleaning products, plastic bags, and electrical objects out of children's reach.
- Keep pot handles facing inward on the stove.
- Choose a high chair with a wide sturdy base and a tray table that securely attaches to both sides. The base should be wider than the top of the chair. Use the safety strap to hold your baby securely in the chair. Keep the chair away from the stove, windows and counters where unsafe items can be pulled off.
- Never hold or carry a child while using the stove.
- Do not heat baby food, formula or breastmilk in a microwave. It can create hot spots.

Badbaadada Dhamaan Qololka Guriga

- Dhammaan armaajooyinka iyo khaanadaha lu xir qataaro kuwaas oo ay ku jiraan waxyaabo fiiqan ama jajabi kara, kiimikooyin ama dawooyin.
- Ku dabool daboolka korantada dhammaan baraha korantada.
- Saar albaabka carruurta kor iyo hoos ee dhamaan jaranjarooyinka.
- Ku dabool geesaha iyo cidhifyada fiiqan ee alaabta guriga adigoo isticmaalaya difaaca geesyada alaabta.
- Ka ilaali waxyaabaha ay ka midka yihiin xargaha korantada iyo dhirta waxaadna dhigtaa meel ayna carruurta gaarin.
- Ku dheji shaashaddo agagaarada dabka, hiitarka kuleyliyaha, foornooyinka, keroseneka ama kuleyliyaha hawada.
- Quful saar ama u xir dariishadaha si habboon. Xir xadhkaha daahyada laalaada iyo kuwa jeexjeexan oo ku xir meel aan la gaari karin si looga hortago inuu si kedis ah carruurta qoorta ugu galo.

Badbaadada Jikada

- Cabitaannada iyo cunnooyinka kulul, mindiyaha, waxyaabaha wax lagu nadiifiyo, bacaha balaastigga ah, iyo waxyaabaha korantada leh waxaad dhigtaa meel carruurta aanu gaari karin.
- Dheriyada gacanka leh u jeedi si gacanka uu ugu aadismo dhanka istoofka.
- Xulo kursi sareeya oo qeybta hoose u weyn iyo miis saxarad leh oo labada dhinacba si adag ugu xidhan. Qeybta hoose waa inay ka ballaadhan tahay qeybta kore ee kursiga. Isticmaal suunka badbaadada si cunuggaaga uu ugu hayo kursiga si aamin ah. Kursiga ka fogee foornada, daaqadaha iyo miisaska meelahaas oo alaabada aan aaminka ahayn laga soo jiidu karo.
- Weligaa ha qabanin ama ha qaadin cunug adigoo isticmaalaya foornada.
- Ha kululayn cuntada, caanobooraha ama caano naaska ee cunuga adigoo isticmaalaya foorno. Waxay abuuraysaa goobo kulul.

Water Safety

- Adjust the temperature on the water heater to 120 degrees Fahrenheit or less.
- Check that the bath water is warm, not hot, before putting your baby or young child in the water. The temperature of the water should be 100 degrees F or 37 degrees C. Use only a small amount of water in the bathtub.
- Use a baby tub for at least the first 5 months. Then use a tub seat when your baby is able to sit without help.
- Never leave your baby or young child alone in the bathtub**, hot tub or backyard pool – even for a second. If the telephone or doorbell rings, ignore it or take your child with you to answer it. Young children can drown very quickly in a small amount of water.
- Keep toilet lids down.
- Do not leave buckets or inflatable pools around with water in them.

Medicine Safety

- Store medicines and vitamins out of children's reach in a locked drawer or cabinet.
- Never give home remedies or medicine to your child without first checking with a doctor.
- Check with a doctor or pharmacist for the right medicine dose for your child's age or weight.

Badbaadada Biyaha

- Heerkulka biyaha ku cabir illaa 120 digrii Fahrenheit ama ka yar adigoo isticmaalaya kulayiyaha biyaha.
- Hubi in biyaha qubeyska ay diiran yihiin, ee aysan kuleyl aheyn, kahor intaadan gelin cunuggaaga. Heerkulka biyuhu waa inay ahaadaan 100 digrii F ama 37 digrii C. Istimaal qadar yar oo biyo ah marka aad isticmaalayso barkada qubayska.
- Istimaal barkadda carruurta ugu yaraan 5-ta bilood ee ugu horreysa. Kadib isticmaal barkadda fadhiga markii cunuggaaga awoodo inuu fadhiisto caawimaad la'aan.
- Marna cunuggaaga keligiis ha uga tegin barkadda qubeyska**, barkada kulaylka ama barkada qubeyska ee guriga – xitaa hal daqiiqo. Haddii taleefanka ama gambaleelka albaabku garaaco, iska dhega tir ama hore u qaad cunuggaaga si aad uga jawaabo. Carruurta yar si dhakhso leh ayey ugu harqin karaan qadar yar oo biyo ah.
- Xir daboolyada musqusha.
- Ha uga tegin baaldiyo iyo barkaddo la qaadi karo oo biyo ku jiraan.

Badbaadada Daawooyinka

- Ku keydi dawooyinka iyo fiitamiinnada meel carruurta gaari karin khaanadda ama armaajo xiran.
- Weligaa ha siinin cunuggaaga dawooyinka guriga adigoo marka hore dhakhtar la tashan.
- Ka hubso dhakhtarkaaga kaaga ama farmashiistahaaga qiyaasta daawada saxda ah ee loogu talagalay da'da ama miisaanka cunuggaaga.

Toy Safety

- Always buy flame resistant, washable, non-toxic toys.
- Check toys to be sure they are for the right age for your child.
- Keep small objects, balloons, and plastic bags away from your baby or young child. If objects can fit into a toilet paper roll, they are too small for your baby or young child.
- Teach your child to wear a bike helmet when using a bike, scooter, skateboard and other wheeled toys. Helmets reduce the risk of serious head injury.

Car Safety

- Always use approved child safety seats for your child's age and weight.
- Install safety seats in the back seat. Place babies in a rear-facing seat until 2 years old or until they reach the highest height and weight allowed by the manufacturer— usually about 35 pounds.
- Check with your local children's hospital, health department or fire department to have someone check that the seat is in the car the right way.
- Never hold a baby or child on your lap while riding in a car or truck.
- Everyone in the car should be wearing a seat belt, or be in a car seat or booster seat that is right for the child's age, weight and height.

Badbaadada Boombalaha

- Had iyo jeer iibso boombale dabka u adkaysta, la dhaqi karo, oo waxyaabo aan sun ahayn ka samaysan.
- Hubi boombalada si aad u xaqiijiso inay yihiin kuwo loogu talagalay da'da saxda ah ee cunuggaaga.
- Ka ilaali cunuggaaga waxyaalaha yar, buufinnada, iyo bacaha balaastigga ah. Haddii walxuhu la dhex gelin karo waraaqda duuban ee musqusha, dabcan aad ayay ugu yaryihiin cunuggaaga.
- Cunnuggaaga bar in uu xidho koofiyada mootada markii la isticmaalayo baaskiil, mootada, iskeytka barafka iyo waxyaabaha kale ee caruurta ku ciyaaraan. Koofiyadaha mootada ee fudud waxay yareeyaan halista dhaawaca daran ee madaxa.

Badbaadada Gaariga

- Had iyo jeer isticmaal kuraasta badbaadada carruurta ee la ansixiyey da'da iyo culayska cunuggaaga.
- Ku rakib kuraasta badbaadada kursiga dambe ee gaariga. Carruurta ku hay kursi gadaal u jeeda illaa ay ka gaaraan 2 sano jir ama ilaa ay ka gaarayaan dhererka iyo culeyska ugu sarreeya ee uu ogolyahay soo-saareha— oo badanaa ah 35 rodol.
- Ka hubso isbitaalka carruurta ee deegaankaaga, waaxda caafimaadka ama waaxda dabka si aad u hesho qof hubiya in kursiga gaariga uu u yaal sida saxda ah.
- Weligaa ha ku qaban cunugga ama ilmaha dhabtaada adiga oo wadaya gaari ama gaariga xamuulka.
- Qof kasta oo gaariga saaran waa inuu xirtaa suunka kursiga, ama ku fadihyaa kursi baabuur ama kursi xoojiye oo ku habboon da'da, culeyska iyo dhererka cunugga.

Fire Prevention

- Keep matches, lighters and flammables (like gasoline) out of your child's reach.
- Install smoke alarms with working batteries on every floor of your home. Be sure to place alarms near rooms where you and your children sleep.
- Check smoke alarm batteries each month and change them every six months.
- Plan more than one escape route from each room in the house and pick a place for everyone to meet outside. Practice this plan with your children.
- Teach your child about fire safety.
- Do not leave candles lit unless an adult is in the room and blow them all out when you go to sleep.

Other Safety Measures

- Carbon monoxide (CO) is a colorless, odorless gas that can kill.
- Install a CO detector on each floor of your home. CO comes from unvented space heaters, blocked chimneys, leaking furnaces, gas water heaters, wood or gas stoves, gasoline powered equipment such as generators and car exhaust from attached garages.
- Contact your local health department to learn about lead poisoning dangers if you live in a home or use a daycare that was built before 1978. Painted toys or furniture that are older or come from another country may also have lead in them. Children under 6 years old are at the most risk for lead poisoning.

Kahortagga Dabka

- Ku ilaali taraqa, dab-damiyeyaasha iyo waxyaabaha guban karo (sida shidaalka) meel carruurta aanu gaari karin.
- Ku rakib qaylo dhaamiyeyaasha qiiqa oo leh bateriyo shaqeynaya ee dabaq walba oo guriga ku yaalo. Xaqiiji inaad dhigto qaylo-dhaanta meel u dhaw qolalka aad adiga iyo carruurtaada jiiftaan.
- Hubi baytariyada alaarmiga qiiqa bil kasta oo beddel lixdii biloodba mar.
- Qorsheeyso in ka badan hal waddo oo looga baxsado qol kasta oo guriga ku yaal, oo dooro meel bannaan oo qof walba ku wada kulmo haddii uu dhib dhaco. Ku tababaro qorshahan adiga iyo carruurtaada.
- Cunuggaaga bar wax ku saabsan badbaadada dabka.
- Ha uga tegin shumaca oo shidan marka laga reebo haddii qof weyni qolka joogo oo demi dhammaantood markaad seexanaysid.

Tallaabooyinka Kale ee Badbaadada

- Kaarboon monoksaydh (CO) waa gaas aan midab lahayn, gaas aan udug lahayn oo dilaa ah.
- Ku rakib qalabka sheega CO meelkastoo gurigaaga ah. CO wuxuu ka yimaadaa kuleyliyaha hawada lahayn, qiiqa la xakiyey, foornooyinka, kuleyliyaha biyaha gaaska, istoofta qoryaha ama gaaska, qalabka ku shaqeeya gaaska shidaalka sida matoorrada iyo qiiqa baabuurta ee garaashyada kugu dhegan.
- La xiriir waaxdaada caafimadka si aad wax uga ogaatid halista sunta liidhka haddii aad ku nooshahay guri ama aad isticmaasho xarumaha xanaano-maalmeedka ee la dhisay kahor 1978. Alaabta lagu ciyaaro ee rinjiga leh ama alaabta guriga ee duugga ah ama laga keenay waddan kale ayaa sidoo kale laga yaabaa inay ku jirto liidhka. Carruurta ka yar 6 sano jir ayaa ku jira halista ugu badan ee sunta liidhka.

- ❑ Keep guns and other firearms out of your home. If they must be in the home, unload them and put them in a locked place. Keep the keys out of children's reach. Store the gun in a separate place from the bullets.
- ❑ Consider taking an infant/child CPR course and first aid class.
- ❑ Teach your child how to cross the street safely.
- ❑ Put sunscreen of SPF 15 or higher on your child. Put a hat on babies less than 6 months old. Try to keep children under age 1 out of the sun.
- ❑ Ka ilaali gurigaaga qoryaha iyo hubka kale. Hadday tahay inay yaaliin guriga, ka saar rasaasta oo geli meel xidhan. Furayaasha ka fogee meel ay carruurta gaari karaan. Qoriga ku keydi meel ka gooni ah rasaasta.
- ❑ Tixgeli inaad qaadato koorsada CPR ee ilmaha/cunugga iyo fasalka gargaarka degdegga ah.
- ❑ Bar cunuggaaga sida looga gudbo wadada si amaana ah.
- ❑ Ku dheji shaashada qoraxda ee SPF 15 ama ka sareeya cunuggaaga. Koofiyad saar carruurta da'doodu ka yar tahay 6 bilood. Isku day inaad qorraxda ka ilaaliso carruurta kayar da'da 1.

Talk to your children's doctor or nurse if you have any questions or concerns about their safety.

Kala hadal dhakhtarka ama kalkaaliyaha carruurtaada haddii aad qabto wax su'aalo ah ama welwel ah oo ku saabsan nabadgeliyadooda.