

# Xaaladaha Degdega Ah ee Nukliyeerka ama Shucaaca

## Nuclear or Radiation Emergencies

Nuclear or radiation emergencies occur when nuclear material or radiation is released or exploded during an accident or attack. An explosion can cause blinding light, heat, fires and dangerous radiation.

### During a Nuclear or Radiation Emergency

#### If you are near the explosion:

- Leave the area right away. If you can tell which way the wind is blowing, move in the opposite direction or upwind. If possible, drive away with the windows closed.
- Find shelter, below ground if possible, but any building or shield will help limit your exposure to radiation. Shield yourself behind thick walls or metal. The thicker the shield, the better.
- Once inside:
  - › Turn off all furnaces, air conditioners and fans.
  - › Close vents.
  - › Close and lock all doors and windows.
  - › Take off your clothes and put them in a plastic bag. Seal the bag tightly.
  - › Take a shower or wash your skin and hair well with soap and water.
  - › Put on clean clothes.

Xaaladaha degdega ah ee Nukliyeerka ama shucaaca ayaa dhaca marka shey nukliyeer ama shucaac leh lagu sii daayo ama lagu qarxiyo xilliyada shilka ama weerarada. Qaraxa wuxuu sababi karaa iftiin, kuleylka, dab iyo shucaaca halis ah.

### Inta Lagu Jiro Xaaladaha Degdega Ah ee Nukliyeerka ama Shucaaca

#### Haddii aad u dhowdahay qaraxa:

- Isla markiiba ka tag aagga. Haddii aad garan kartid dhinaca ay dabayshu ka imanayso, u dhaqaaq dhinaca ka soo horjeeda ama dhinaca ay ka imanayso. Haddii ay suurtagal tahay, gaariga kaxeeyso iyadoo daaqadaha kuu xiran yihiin.
- Raadso meel gabbaad ah, oo dhulka hoostiisa ah haddii ay suurtagal tahay, laakiin dhismo ama gaashaan kasta ayaa kaa caawin doona inaad shucaaca kaga badbaado. Naftaada gaashaan uga dhig darbiyada adag ama birta ka samaysan. Hadba gaashaanka dhumuciisa weyn yahay, ayaa ugu fiican.
- Marba haddaad gudaha gasho:
  - › Demi dhamaan shooladaha, kuleylayeyaasha, hawo-qaboojiyayaasha iyo marawaxadaha.
  - › Xir meelaha hawadu ka soo gasho.
  - › Xir oo handaraab geli dhamaan albaabada iyo daaqadaha.
  - › Iska saar dharka oo ku rid bac ama boorso balaastig ah. Bacda ama boorsada si adag u xir.
  - › Maydho ama qubayso ama maqaarkaaga iyo timaha ku maydh biyo iyo saabuun.
  - › Gasho dhar nadiif ah.

- Listen for reports on the television, radio or Internet. Stay indoors until health authorities say that it is okay to come outside.
- Seek medical care if you are hurt.

### **If you are not close to the explosion:**

Go inside and listen for reports on the television, radio or Internet. State and local officials will check the amount of radiation and tell you whether to stay inside or leave your home.

### **Your Health**

At first, you can get hurt from the heat, fire and flying material from the explosion.

Depending on how much radiation is released, over time you may show signs of:

- Red skin
- Feeling tired
- Nausea and vomiting
- Diarrhea
- Headache
- Sore mouth or bleeding gums

It can take from a few hours to days for any signs to appear. Seek medical care if you were near the explosion. Your doctors may check for radiation effects throughout your life. Exposure to radiation can cause serious illness later in life.

- Warbixinno ka dhageyso telefishanka, raadiyoowga ama internetka. Guriga gudahiisa iskaga jir illaa ay mas'uuliyiinta caafimaadku dhahaan dibeda ayaad u bixi kartaa.
- Raadso daryeel caafimaad haddii aad dhaawacan tahay.

### **Haddii aadan ku dhoweyn qaraxa:**

Gudaha gal oo warbixinno ka dhageyso telefishanka, raadiyoowga ama internetka. Saraakiisha gobolka iyo kuwa deegaanka ayaa eegi doona xaddiga shucaaca waxayna kuu sheegi doonaan inaad gudaha ku sii jireysid ama inaad ka tagi kartid gurigaaga.

### **Caafimaadkaaga**

Marka ugu horeysa, waxaad ku dhaawacmi kartaa kuleylka, dabka iyo walxaha duulaya ee ka yimaada qaraxa.

Iyada oo ku xiran tahay inta shucaaca la siidaayo, waqti ka dib waxaad iska arki kartaa calaamadaha:

- Maqaar cas
- Inaad dareento daal
- Lalabo iyo matag
- Shuban
- Madax xanuun
- Af xanuun ama ciridka oo dhiiga

Waxay qaadan kartaa dhowr saacadood ilaa maalmo si ay usoo muuqdaan wixii calaamado ah. Raadso daryeel caafimaad haddii aad u dhoweyd qaraxa. Dhakhaatiirtaadu waxay kaa eegi karaan waxyeelada shucaaca inta aad nooshahay oo dhan. Inuu shucaac ku soo gaaro waxay nololsha dambe u keeni kartaa xanuun daran.