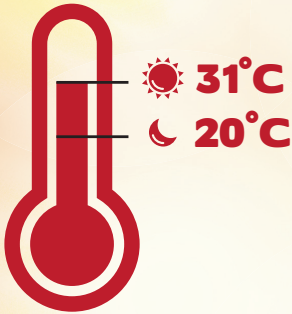


Ka Hortaga Kulaylka

Marka heerka kulaylka iyo qoyaankuba ay aad u sareeyaan way adkaan kartaa in jidhkeenu uu kaydiyo qabowga oo aanu kulaylka xamili karin. Dhacdooyinka kulaylka aadka u daran waxay sababi karaan jirrooyin ama xanuuno la xidhiidha. Xaaladaha qaarkoodna dhimasho ayuu keenaa.



Deegaanka iyo isbeddelka cimilada Kanada waxay soo saartaa digniino kulaylka Ottawa oo ku salaysan saadaasha:

- Heerka kulaylka maalintii oo ah kow iyo sodan (31°C) ama ka sareeya iyo heerka kulaylka habeenkii oo aan ka yarayn labaatan (20°C) ugu yaran laba maalmood; AMA
- Uumi biyood (humidex) afartan (40) ah ugu yaraan laba maalmood.



Soo gasho Aabka WeatherCAN si aad u hesho ogaysiis toos ah oo ku saabsan kulaylka iyo digniinta cimilada kale ee aadka u daran uguna hashid telefoonkaaga.



Sawir koodka QR si aad wax badan uga ogaato aabka WeatherCAN.
canada.ca/weathercan

Digniinaha kulaylku waxay ka dhigan tahay ama macnaheedu yahay in taxadir dheeraad ah loo baahan yahay in qof walba sameeyo. Dadka halista ku jira inay kulaylka ku xanuun sadaan ama jiroodaan waxaa ka mid ah dhallaanka (caruurta yaryar) iyo dadka waaweyn (waayeelka ah); uur leyda; kuwa ka shaqaeya dibadda iyo kuwa jimicsiga dibadda ku sameeya; Kuwa leh xaalado caafimaad oo hore u jiray; Dadka la kulma dadka ay soo food saartay guri la'aan ama haysan meel ay galaan; iyo dadka aan haysan qaboojiyaha. Waa muhiim inaad horey u sii fikirto oo aad qorshayso siyaabaha aad ku qaboojin karto oo aad ula xiriirto dadka kale ee laga yaabo inay ku ad kaato gabowga, gaar ahaan xiliga kulaylka.

Fadlan eeg magaalada Ottawa websitkeeda [Ottawa.ca](https://ottawa.ca), maalmaha ay furan yihin, goobaha (meelha) iyo sacadaha ay furan yihin adeegyada xarumaha dadweynaha ah ee soo socda:

- Meelaha biyo lagu cayaaro leh, barkadaha dabaasha, xeebaha, barkadaha dabaasha ee dibadda iyo gudahaba
- Jardiinooyinka iyo meelhaha cagaaran (akhtarka ah)
- Adeegyada laanta maktabadda dadweynaha ee Ottawa
- Xarumaha bulshada

Ilaali naftaada oo caawi dadka kale inta lagu jiro cimilada kulul

- **Cab biyo badan** oo iska ilaali.
- **Alkahoolka iyo kaafiinta.**
- **Xidho koofiyad, dhar khafiif ah oo dabacsan,** kiriimka cadceeda laga marsado, xidho muraayadaha qorraxda markaad dibadda joogtid.
- **Qaado Barasol ama dallad iyo biyo** markaad gurriga ka baxayso hadi aad u baahato inaad joogto dibadda kulul, sida sugitaanka safka!
- **Isku qabooji meel leh hawo qaboojiye** marka la heli karo oo ay ku jiraan maktabadaha suuqyada, matxafyada, iyo tiyaatarada filimada.
- **Ku qaboojiso hooska (hadhka)** ama beerta ama meel cagaaran (akhtar ah).
- **Isticmaal marooxad (balfiso)** oo maqaarkaaga (jidhkaaga) biyo mari.
- **Qubayso (maydho) haddii loo baahdo** ama ku qoy gacmaha ama cagaha biyo qabow.
- **Naasnuuji si waafsaqsan tilmaamaha ilmahaaga** oo cab biyo badan haddii aad naasnuujinayso. Ka eeg boggayaga waalidiinta ee Ottawa oo ah [ParentingInOttawa.ca](https://parentinginottawa.ca) wixii macluumaad dheeraad ah oo ku saabsan ilaalinta badbaadada caruurta xilliga cimiladu kulushahay.
- **Gurigaaga qabooji** adigoo xiraya daahyada dariishadaha (daaqadaha ujeeda qoraxada).
- **Fur daaqadaha (dariishadaha) habeenkii** marka hawada dibaddu ay ka qabowdahay hawada gudaha; xidh daaqadaha (dareeshadaha) subaxdii ka hor intaanay hawada kululi soo gelin.
- **Isticmaal mara waxad (balfiso) habeenkii** si ay u caawiyaan hawada diiran ee gudaha iyo/ ama keenista hawo qabow oo bannanka ka timid.
- **La hadal dhakhtarkaaga, kalkaalisada, ama farmashiistaha haddii aad daawo qaadato** haddii aad daawo qadaneyso maadaama qaarkood ay adkayn karaan in la xakameeyo heerka kulaylka jidhka.
- **La xidhiidh dadka beeshaada ka tirsan oo laga yabo in ay wakhti adag la kulmaan la qabsiga cimilada kulul iyo kuwa keligood nool** si joogto ah u hubi.
- Dadka xidha maaska oo sameynaya dadaal dhaqdhaqeed xiliga kulaylaha, maaska ayaa sameyn kara dhib aad u adag. Hoos u dhaca xooga iyo mugga, nasasho badan, iyo isqaboojin badan aya laga yaabaa inay lagama maarmaan noqoto. Kala hadal baahiyahaaga caafimaadeed dadka aad u shaqayso haddii aad ka shaqeynaysid meelo kulul.

Wixii macluumaad dheeraad ah booqo website-kayaga [OttawaPublicHealth.ca/BeatTheHeat](https://ottawapublichealth.ca/BeatTheHeat).