

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.
- 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.

Kediska Nukleerka ama Kaaha/Shucaaca

Kediska nukleerka ama kaaha/shucaaca waxa uu dhacaa marka walax nukleer ah ama kaah/shucaac la sii daayo ama uu qarxo wakhti shil ama weerar. Qaraxu waxa uu sababi karaa iftiin indho-tir leh, kulayl, dab iyo kaah khatar ah.

Inta Lagu Jiro Kedis Nukleer ama Kaah/Shucaac

Haddii aad u dhowdahay qaraxa:

- Isla markiiba ka tag aagga. Haddii aad sheegi kartid dhinaca ay dabayshu ka soo dhacayso, u dhaqaaq dhinaca ka soo horjeeda ama xagga dabayshu ka soo dhacayso. Haddii ay suurogal tahay, kaxee baabuurka iyada oo daaqaduhu kuu xidhan yihiin.
- Raadso gabood, oo ka raadso meel dhulka hoostiisa ah haddii ay suurogal tahay, laakiin dhisme ama gaashaan kasta ayaa gargaar ka geysan doonaa yareynta kaaha ku soo gaadhaya. Ku gabo meel ka dambeysa darbiyo qaro weyn ama macdan ah. Gaashaanba ka uu ka qaro weyn yahay ayuu ka fiican yahay.
- Marka aad gashid gudaha:
 - Bakhtii dhamaan shooladaha ama kulayliyeyaasha, hawo-qaboojiyeyaasha iyo marawaxadaha.
 - Xidh meelaha hawadu ka soo gasho.
 - Xidh oo handaraab dhamaan albaabada iyo daaqadaha.
 - Iska saar dharka oo ku rid bac ama boorso balaastig ah. Bacda ama boorsada si adag u xidh.
 - Maydho ama qubayso ama maqaarkaaga iyo timaha ku maydh biyo iyo saabuun.
 - Gasho dhar nadiif ah.
- Warbixinno ka dhageyso telefishanka, raadyowga ama internetka. Joog gudaha ilaa maamulka caafimaadku ka sheegayaan inay caadi tahay in dibadda loo soo baxo.
- Raadso daryeel caafimaad haddii dhaawac ku soo gaadhay.

Haddii aanad u dhaweyn qaraxa:

Gal gudaha oo warbixinno ka dhageyso telefishanka, raadyowga ama internetka. Saraakiisha gobolka iyo degmada ayaa hubin doona qadarka kaaha/shucaaca kuuna sheegi doona in aad joogtid gudaha ama aad ka baxdid gurigaaga.

Nuclear or Radiation Emergencies. Somali.

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.

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Caafimaadkaaga

Marka ugu horeysa, waxa waxyeelo kaa soo gaadhi kartaa kulaylka, dabka iyo waxyaabaha duulduulaya ee ka yimi qaraxa. Iyada oo ku xidhan inta uu leeg yahay kaaha la sii daayay, mudo ka dib waxa laga yaabaa in aad isku aragtid calaamadahan soo socda:

- Maqaar cas
- Daal aad dareentid
- Lallabo iyo matag
- Shuban
- Madax-xanuun
- Af xanuun leh ama cirid dhiig leh

Waxay qaadan kartaa dhawr saacadood ilaa dhawr maalmood si wax calaamado ahi u soo baxaan. Raadso daryeel caafimaad haddii aad u dhawayd qaraxa. Waxa laga yaabaa in dhakhaatiirtaadu ay kaa eegaan saameynada kaaha noloshaada oo dhan. Kaah/shucaac ku soo gaadhi waxa uu goor dambe oo noloshaada ah kuu keeni karaa cudur culus.

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