



Kolka ilmahaagu uu jiran yahay waxaa fiican inuu guriga kula jooga adiga

Fadlan ilmahaaga iskuul ama rugaha xanaanadda ilmaha ha u dirin hadii:

- Uu leeyahay qandho gaaraysa 101°F ama ka koreeysa
- Qandho iyo canbaar ama uu u dhaqmayo si ka duwan sidii hore
- Uu leeyahay calool xanuun socda 2 saac ama muddo ka badan
- Nabaro jirka ah oo dheecaan leh oo aan la dabooli karin
- Uu u eg yahay ama u dhaqmo qof jiran, oo aan caadi ahayn
- Uu indhaha baq-baq jaalle ama cad-cad ah uu ku leeyahay
- Saxaro/biyo-biyo ah ama shuban iska socda uu leeyahay
- Afka nabaro iyo candareerto uu ku leeyahay
- Uu matagayo

**Waaxda Caafimaad Guud ee
Degmada Carver (Carver County)**



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