

## U Diyaarsanida Dhulgariir

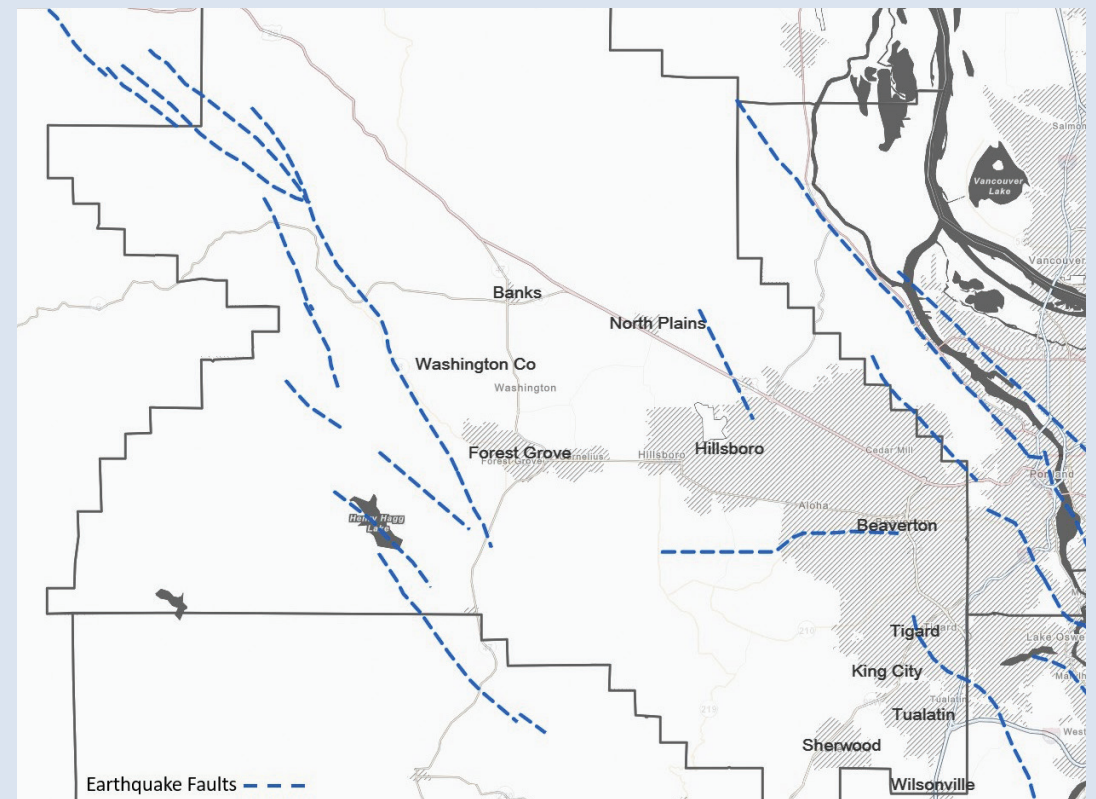
### Dhulgariirku wuu ka dhacaa halkan Degmada Washington

**Wax badan kaga ogow xogsidayaasha la xiriira:**

- Saadka Xaaladda Gurmada
- U Diyaarsanida Masiibada ee Shakhsiyaadka iyo Qoysaska
- U Diyaargarawga Guriga

Macluumaad dheeraad ah, booqo [Take5toSurvive.com](http://Take5toSurvive.com)

Ilaa 2010, afar dhulgariir oo gudaha ah ayaa ka dhacay Degmada Washington. 1700, guud ahaan Waqooyi-galbeed Baasifk waxa laga dareemay dhulgariir wayn oo ka yimi Cascadia Subduction Zone, oo ah dillaac 600 oo mayl ah dherer ahaan kaasi oo ku dhereran xeebaha Oregon iyo Washington. Wuxuu soosaaray 40 dhulgariir oo xoogoodu yahay 8 ama 9 10,000 ee sano ee u dambeeyey.



### Khayraadka Dheeraad ah

Sanad kasta bisha Oktoobar, kumanaan reer Oregon ah ayaa ku sameeya "Istuur, Hoosgal, oo Qabso" Dhulgariirka Oregon ee Wayn, oo ah carbiska dhulgariirka ee gobolka ee ugu wayn. Saaxiibada iyo dadka aad wada shaqaysaan ha kugu soo biiraan! iska diiwaangali halkan [www.ShakeOut.org](http://www.ShakeOut.org).



Ma rabtaa inaad raadraacdo dhulgariirada xilliga ay dhacayaan? Hubi khariidadda dhulgariiradii ugu dambeeya ee USG: <https://earthquake.usgs.gov/earthquakes/map/>



Ka sarreeya: Waxa jira dhawr dillaac oo ku yaala gudaha iyo agagaarka Degmada Washington.

(Left) Cascadia Subduction Zone wuxuu gaaraa 600 oo mayl oo ku dhereran xeebaha Oregon iyo Washington wuxuuna awood u leeyahay inuu soosaaro dhulgariirada ugu awoodda badan.

## Dhulgariirka Ka hor

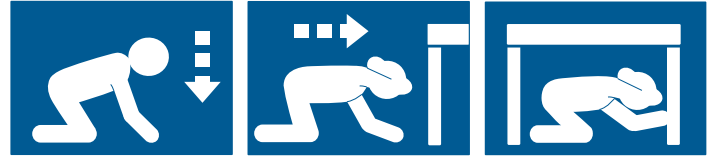
### Adiga marka lagu eego

- **Uurso** saad cunto iyo biyo ah oo 2 toddobaad kugu filan (Akhri Xogsidaha Take 5 ee Saadka Gurmadka).
- **U diyaari** gurigaaga dhulgariir: [www.bit.ly/2rAnRrQ](http://www.bit.ly/2rAnRrQ)
- **Baro** xirfadaha badbaadinta nafta sida gargaarka degdegga ah.
- **Ku biir** Kooxda Jawaabcelinta Gurmadka Bulshada ama isdire ahaan ula shaqee koox bulsheed masiibada ka shaqaysa.
- **Akhri** Ku Noolaanta Dhul Gariiraya: Sida looga badbaado Dhulgariirada iyo Sunaamida Oregon [www.bit.ly/2NmFAS5](http://www.bit.ly/2NmFAS5)

### Marka aad la joogto qoyska iyo dariska

- **Kala** hadal qoyskaaga waxa la sameeyo marka dhulgariir dhaco. Isla dejiya qorshe.
- **Bulshaawi** noqo oo la hadal dariskaaga. Martigali BBQ-ga u diyaarsanida ama ciyaar habeeneed oo kala hadal dadaaladaada u diyaarsanida dhulgariir.
- **Ku tabobaro** Istuur, Hoosgal, oo Qabso si sanad leh [www.ShakeOut.org](http://www.ShakeOut.org)
- **Samayso** cid lala xiriiri karo oo magaalada ka baxsan si aad ula xiriirtaan haddii isgaarsiinta maxalliga ah mashquul gasho. Ka baro sida loo abuurro qorshaha isgaarsiinta gurmadka halkan [ready.gov/make-a-plan](http://ready.gov/make-a-plan)
- **Ka feker** caymiska dhulgariirka. Caymiska mulkiilayaasha guryaha ee caadiga ah ma bixiyo khasaaraha waxyeelada dhulgariirka.

## Inta uu socdo dhulgariirku



**Istuur! Hoosgal! Qabso!**

### Gudaha dhismaha

Gacmaha iyo jilbaha isku tuur, madaxa iyo qoorta ilaasho, qabso shay aan dhaqdhaqaaqayn oo halkaas ku sugnaw ilaa gariirku joogado. Gariirka dhulku wuxuu socon karaa ilaa lix daqiiqo.

### Bannaanka

Haddii aad si badbaado leh u samayn karto, tag meel ayna jirin walxo kugu soo dhici kara, kadib Istuur, Hoosgal, oo Qabso.

### Meelaha u dhaw xeelliga badda



Intii ay badbaado tahay inaad lugayso soco, oo dhakhso u tag dhul sare. Isticmaal dhabbaha qixitaanka sunaamida.

## Kadib marka gariirku joogsado



Hubi khataha iyo waxyeelada.



Hubi dhaawacyo oo caawi dadka kale.



Soo eeg qoyska iyo dariska.



Isku diyaari wixii gariirka ka dambeeya.