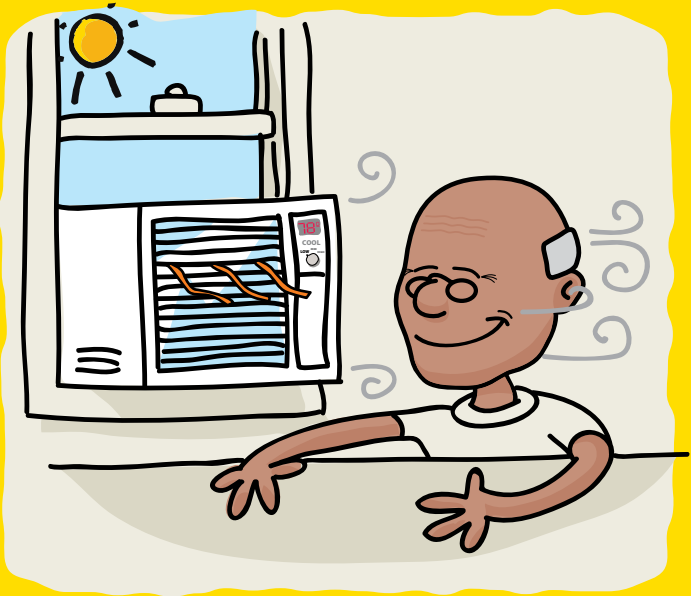


Zafin bazara

Ya isa ya sa ku
rashin lafiya



Kasance cikin sanyi

Duk lokacin bazara a NYC mutane suna rashin lafiya saboda zafi kuma wasu ma suna mutuwa.

Mutanen da ke cikin hadari ba su da yanayin sanyaya iska kuma suna da ɗaya ko fiye na waɗannan yanayin:

- shekaru 65 ko fiye
- daɗaɗɗun rashin lafiya
- Yanayin lafiyar kwakwalwa

- Shan wasu magunguna (yi magana da likitan ku don karin bayani)
- Amfani da kwayoyi ko sha da yawa

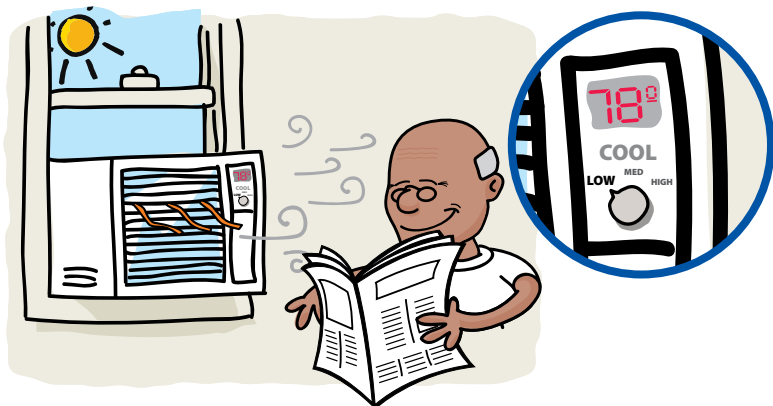
Yanayin sanyaya iska na iya zama ceton rai

Lokacin da ake zafi a waje, zai iya zama da mafi zafi a ciki

- Yi amfani da na'urar sanyaya iskanku lokacin da kuke a gida.
Fankoki kadai ba za su sa ku ji sanyi ba lokacin da ake zafi da gaske a waje.
- Idan baku da wata na'urar sanyaya iska:
Je wani wuri mai sanyi kamar dakin karatu, gidan aboki da ke da na'urar sanyaya iska, ko cibiyar sanyayawa. Kira 311 kuma tambayi "Ina ne cibiyar sanyayawa mafi kusa da ni?"

A sha ruwa mai yawa a ranaku masu zafi, ko da baka jin kishirwa.

Kuna iya kasance cikin tsari, nutsuwa, da adana kuɗi ta saita na'urar sanyaya iskanku zuwa 78° ko sanyi kadan.



Kasance cikin tsari lokacin da kuke waje

- Sa tufafi mara nauyi, sako-sako
- Kasance a cikin inuwa kuma kauce wa hasken rana kai tsaye
- Guje wa aikin jiki na karfi

Gane alamun zafi mai yawa

Kira 911 ko je dakin gaggawa nan da nan idan kai ko wani da ka sani yana da alamun rashin lafiyar zafi, kamar:

- Zafin fata, bushewar fata KO sanyi, kan kamewar fata
- Mutuwar jiki
- Dimaucewa
- Jin amai ko yin amai
- Matsalar numfashi
- Rudewa, ganin dabo-dabo, rashin nutsuwar hankali



Zamo Aboki!

Lokacinda ake zafi
a waje:

- Duba dangin ku, abokai, da makwabta don tabbatar sun kasance cikin lafiya da sanyi.
- Zamo a faɗaƙe don alamun rashin lafiyar zafi.
- Kira 911 nan da nan idan suna fuskantar alamun rashin lafiyar zafi.



Department of
Health & Mental
Hygiene

Office of
Emergency Management

Department for
the Aging