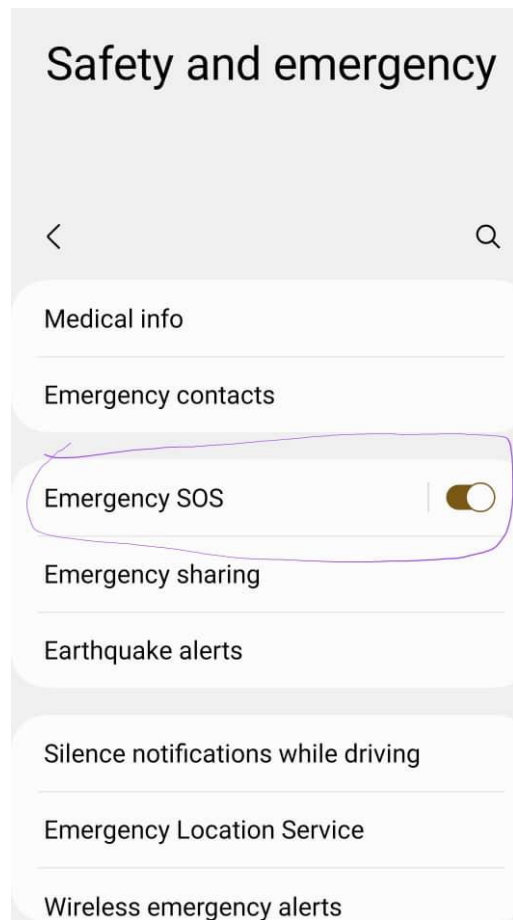


BADBAADADA XAALADAH DEG-DEGA AH (SAFETY AND EMERGENCY)

Waa inaad qorshe iyo ka hortegis u sameysato xaaladaha amni iyo dhibaato ee kugu iman kara. Waxaan halkaan hoose kusoo koobaynaa tallaabooyin muhiim ah oo ay tahay inaad qaado ka hor inta aysan khatar kugu iman si ay hadhow kuu caawiyaan.

Furo Badbaadada Deg-dega ah ee Taleefoonka (SOS)



Waxaa fikrad fiican ah inaad furato nidaamka badbaadada deg-dega ah ee taleefoonka, kaasoo ah adeeg taleefoon walba ku sameysan una baahan keliya inaad furato si aad ugu badbaado. Adeegani wuxuu kuu sahlayaa haddii xaalad amni ama dhibaato deg-deg ahi kugu timaado inuu kaaga wargeeyo ama markiiba wargeliyo qoyska iyo saaxiibada. Si aad u furato adeegan, hadaad isticmaasho Android waxaad gelayaas **Settings-> Safety & emergency-> Emergency SOS-> On/Off**. Si adeegani kaaga wargeeyo haddii xaalad deg-deg ah kugu timaado, waxaa lagaaga baahan yahay inaad ugu yaraan taleefoonada iyo macluumaadka 5 qof geliso kuwaasoo kusoo gurman kara haddii xaalad kugu timaado markay helaan fariinta adeegan. Si aad u diiwaangeliso xiriirada dadkaas, gal **Settings-> Safety & emergency-> Emergency contacts-> Add member** kadibna halkaas geli taleefoonada ilaa 5 qof oo aad ku kalsoon tahay inay gurmada kula soo gaari karaan haddii xaalad deg-deg ah kugu timaado. Si xogtaan shaashada uga muuqato si

joogto ah haddii taleefoonkaagu xiran yahay, gal **Settings-> Safety & emergency-> Emergency contacts-> Show on Lock screen-> On/off**. Adeegani wuxuu markaad xaalad deg-degi kugu timaado kaaga wargeynayaa dadka aad diiwaangashatay, wuxuuna u dirayaa fariin qoran oo sheegay khariirada goobta ku sugan tahay, digniin, sawiro iyo cod ka tarjumaya xaaladda aad ku jirtid wuxuuna fariintaas ku diraya waqti yar xitaa haddii taleefoonkaagu dab la'aan la demayo.

Diiwaangeli warbixintaada caafimaad si haddii xaalad deg-deg ah kugu timaado loo helo tixraac lagugu gurman karo si lagu badbaadiyo si dhaqso ah. Si aad u diiwaangeliso

xogtaada caafimaad gal ***Settings-> Safety & emergency-> Medical info*** kadibna ku buuxi xanuunada aad qabto, waxyaalaha aad xajiinta ku qabto, nooca dhiigaaga, meesha degan tahay iyo cida lala xiriiri karo haddii xaalad kugu timaado. Si xogtaan shaashada uga muuqato si joogto ah haddii taleefoonkaagu xiran yahay, gal ***Settings-> Safety & emergency-> Medical info-> Show on Lock screen-> On/off***.

SOS Apps

In general, it's a good idea to have an emergency app on your phone, just in case. These let you **notify friends or family when you're feeling unsafe**, and/or **contact emergency services**.

Some types of phones have these features built in, so it's worth checking to see if yours does. If not, check out these apps, all of which are available for both Android and iOS.

1. [ICE](#), which stands for In Case of Emergency, allows you to **send a message and your GPS location to selected contacts** when you want your friends or family to keep tabs on your whereabouts. **You can also set the message to be delayed**, so say, if you don't come back from your hike by nightfall, that's when they'll get the message.

2. [React Mobile](#) does the same thing as ICE, but also has an SOS Help Me button that notifies your pre-chosen contacts via email and text, and if you choose, **posts a message to Facebook and Twitter**. At the same time, the app **automatically contacts local emergency services**.

1. [Siren GPS](#) won't contact your friends and family, but with a push of a button, will alert emergency services and provide them with your location. You can also **set up a personal profile with relevant information that is then passed on to the authorities in case of emergency**. This can include medical conditions and emergency contact info. The app also gives you the option of calling the fire department, an ambulance, or the police.

You can also **show certain information on your lock screen** to be used in case of a situation in which you're unable to give information about yourself to emergency services. For instance, you can write something like, "In case of emergency, call [name of your partner]" and then write their phone number. Or, if you have a specific medical issue – like a severe allergy or epilepsy – you can include pertinent information there.