

## Gudniinka Fircooniga ahi Waa Sharci Darro

- Sharciga dowlada Maraykanka, lambar 18 xeerka § 116, ayaa mamnuucaya samaynta, isku dayga in la sameeyo, ama si qarsoon loo gudo qof da'diisu ka yar tahay 18, ama u qaadida dibadda gobolka ama waddanka qof ka yar da'da 18 iyadoo ujeedadu tahay in la gudo.
- Gudniinka Fircooniga ah lama ogola in la sameeyo ayadoo marmarsiinyo laga dhiganayo diin, caado, dhaqan iyo hiddo.
- Qof kasta oo lagu helo gelida dambiga gudniinka fircooniga ah waxa uu muteysan doonaa ilaa iyo 10 sano oo xarig ah.

***“FBI waxay ballan qaadeeysaa ilaalinta xuquuqda haweenka da'da yar iyo carruurta iyo in caddaaladda la horkeeno kuwa ku xad guduba.”***

— Madaxa Qaybta la Dagaalanka  
Musuqmaasuqa iyo Ilaalinta Xuquuqda  
Madaniga ah.



## MAXAAD KASOO WARBIXIN KARTAA

- Adiga ama qof aad taqaan ayaa halis ugu jira ama lagu sameeyay gudniinka Fircooniga ah,
- Waxaad haysaa macluumaad ku saabsan qof gudniinka fircooniga ah ku sameeya Mareykanka, ama
- Waxaad garanaysaa qof halis ugu jira in lagu sameeyo gudniinka Fircooniga ah haddii loo qaado dibadda Mareykanka.

## HABKA SOO WARBIXINTA

**Khadka Xog Bixinta ee FBI-da:** 1-800-CALL-FBI  
1-800-225-5324

**Online:** [tips.fbi.gov](https://tips.fbi.gov)

**Ama la xiriir xafiiska FBI-da ee deegaankaaga ama xafiiska caalamiga ah ee kuugu dhow**

## HADDII AA QABTO SU'AALO AMA U BAAHAN TAHAY MACLUUMAAD, WAC

Waaxda Caafimaadka & Adeegyada  
Shacabka, Khadka Caawinta ee Xafiiska  
Caafimaadka Haweenka  
1-800-994-9662  
Khadka Ka Hortagga ku Xadgudubka  
Caruurta  
1-800-4-A-CHILD (1-800-422-4453)

Department of Justice  
Federal Bureau of Investigation



## GUDNIINKA FIRCOONIGA AH EE GABDHAAHA

### Gudniinka Fircooniga ahi waa:

- ✓ Ku xad-gudub xuquuqda Aadanaha
- ✓ Nooc ka mid ah ku xadgudubka carruurta
- ✓ Takoorid jinsi
- ✓ Xadgudub ka dhan ah haweenka iyo gabdhaha

## WAA MAXAY GUDNIINKA FIRCOONIGA AH?

Gudniinka fircooniga ah oo sidoo kale loo yaqaano goyn, gudniin, ama sifayn, waa goynta qaar ama dhamaan xubinta dibadda usoo baxsan ee cawrada haweenka ama dhaawac loo geysto cawrada haweenka sababo caafimaad aan ahayn awgood. Habka gudniinka wuxuu noqon karaa duritaan, toolid, xoqid, ama goynta faruurta gudaha iyo midda dibaddaba, tolmo la wada xidhayo dhamaan ama qayb ka mid ah xubinta cawrada haweenka, taas oo laga tagayo oo kaliya dalool yar oo kaadida iyo caadada ay ka baxaan.

## YAA LAGU SAMEEYAA?

Gudniinka Fircooniga ah waxaa inta badan lagu sameeyaa gabdhaha da'doodu ay u dhaxayso dhallaan ilaa iyo 15 jir, mararka qaarkoodna guurka ka hor ayaa la sameeyaa. Waxaa inta badan sameeya kuwa dhaqan ahaan u bartay xirfadan ama xirfadlayaal caafimaad.

## MAXAA LOO SAMEEYAA?

Gudniinka Fircooniga ah waa caado dhaqameed, ma aha mabda' diimeed. Bulshada qaarkeed ayaa aaminsan in gudniinka Fircooniga yahay wax diini ah. Bulshooyinka ku dhaqma gudniinka fircooniga ah waxay badi aaminsan yihiin in uu xaqiijin doono koriinka saxda ah ee gabadha, ilaalinayo sharafta reerka, iyo/ama ka dhigi doono gabadh mid guur ku habboon. Gudniinka Fircooniga ah aad buu u qoto dheer yahay, waana mid ku milmay dhaqamada qaar, mana aha mid u gaar ah hal qowmiyad ama diin.

## MA LAHA FAA'IIDOOYIN CAAFIMAAD — DHIMASHO AYAANA KA IMAN KARTA

Gudniinka Fircooniga ah ma laha faa'iidooyin caafimaad wuxuuna keeni karaa dhaawac jireed iyo mid maskaxeed aad u xun. Dhibaatooyinka isla markiiba ka iman kara waxaa ka mid ah: xanuun badan, dhiig-bax, dhibaatooyin xagga kaadida, meesha oo bukata, ama dhimasho. Dhibaatooyinka joogtada ah ee ka iman kara waxaa ka mid ah: xanuun xagga kaadi-mareenka, hoosta, caadada, galmada, meesha oo bukata, dhibaatooyin xagga dhalhada, dhimashada dhallaanka ay dhasho, iyo dhibaatooyin maskaxeed.

***Ugu yaraan 513,000 haween iyo gabdho ku nool Maraykanka ayaa halis ugu jira ama horay loogu sameeyay gudniinka Fircooniga ah.***

— The Centers for Disease Control and Prevention, 2016

## GUDNIINKA FIRCOONIGA AH WAXA UU KA JIRAA 92 WADDAN

Gudniinka Fircooniga ah waxaa laga sameeyaa waddamo badan. Dalal badan oo Afrika, Aasiya, Bariga Dhexe, Latin America, Yurub, Waqooyiga Ameerika, bulshooyinka asli ahaanta u deggan iyo qurba-joogtadaba.



## CALAAMADAHA LAGU GARTO IN GABADHU AY KHATAR U TAHAY IN LAGU SAMEEYO GUDNIINKA FIRCOONIGA:

- Qof qaraabo ah ama qof la yaqaan inuu yahay “Gudniin sameeye” oo booqasho kaga yimd dibadda.
- Munaasabad ama xaflad gaar ah oo la qabtay, taas oo loo dabaaldegayo in gabadhu ay ‘Haween/naag weyn noqotay’ ama ‘Guur loo diyaarinayo.’
- Qof dumar ah oo qaraabo ah, sida hooyo, walaal, ama eeddo, ayaa horay loogu sameeyay gudniinka Fircooniga ah.
- Qoyska oo isu qabanqaabiya fasax dibadda ah ama booqda qaraabo dibadda joogta inta lagu jiro xilliga kulleylaha.
- Gabadha oo si lama filaan ah ama muddo dheer uga maqan dugsiga.
- Gabadha oo ay dhibaato ku noqoto in ay la qabsato waxbarashada.
- Gabadha oo ka cararta ama ku talo jirta inay ka cararto aqalkooda.

## WAXYAABAHA MUUJIN KARA IN GABADHA HORAY LOOGU SAMEEYAY GUDNIINKA FIRCOONIGA AH:

- Socodka, istaagga, ama fadhiga oo ku adag.
- Waqti dheer oo ay ku qaadato musqusha.
- Ka cabasho xanuun labada lugood dhexdooda ah.
- In ay ka muuqato aamusnaan, walaac ama niyad jab.
- In ay u dhaqanto si ka duwan sideedii hore ka dib markii ay muddo ka maqnayd dugsiga ama kulliyadda.
- In ay ka cagajiido in ay u tagto dhakhaatiirta ama sameeyso baaris caafimaad.
- In ay ka hadasho wax uu qof ku sameeyay, laakin aan loo ogolayn in ay ka hadasho.
- In ay si dadban u codsato caawimaad xagga dhibaato haysata, sababtoo ah way baqaysa ama way xishooneysaa.