



Siiniyeer Dugsiga Sare ee Wilson High ah ayaa ku guulaysatay abaalmarinta caawinta badbaadinta nolosha haweenay

Siiniyeer Dugsiga sare ee Wilson ah ayaa lagu sharfay dadaalkeeda ku aaddan badbaadinta nolosha haweenay xagaagii la soo dhaafay. Rivkah Zigman waxay heshay [Abaalmarinta Naf Badbaadinta Laanqayrta Cas](#) oo loogu talagalay Gargaarayaasha Xirfadleyda ah toddobaadkii hore xafad lagu qabtay kulan guddiga Laanqayrta Cas ee Ameerikaanka ee Cascades Region.

Bishii Luulyo, Rivkah waxay si mutadawacnimo ah uga shaqeysay gudaha Israel iyadoo la shaqeyneysay United Hatzalah, oo ah hay'ad adeegyada caafimaad ee degdegga ah qabata. Iyada iyo gargaarayaasha kale ayaa loo diray inay caawiyaan haweenay 60-sano jir ah oo miyir la'. Rivkah waxay adeegsaday automated external defibrillator (AED) waxayna ka caawisay siinta CPR ku dhawaad 30 daqiiqo. Haweenayda garaacii wadnaha dib ayuu u bilaabmay wayna badbaaday.

"In qofka markaad albaabka uga gasho ayna nolol kujirin markii aad ka sii baxaysayna ay noloshii ku soo noqotay shaqada aad u qabatay awgeed, waa waayo-aragnimo cajiib ah, runtii," ayay ku tidhi [wareysi uu la yeeshay KGW](#).

Rivkah waxay awood u yeelatay inay adeegsato tabobarkii ay ka heshay gargaarka degdegga ah, CPR iyo AED intii ay dhiganaysay koorsada Laanqayrta Cas ee Cascades Region oo lagu qabtay Wilson laba sano ka hor. Abaalmarinta badbaadada waxaa lagu tiriyaa midka ugu sarreeya ee ay bixiso Laanqayrta Cas.

Dale Kunce, Maamulaha Guud ee Ururka Laanqayrta Cas ee Cascades Region, ayaa yidhi: "Aad ayaan ugu faraxsanahay inaanu u guddoonno Abaalmarin Badbaadineed oo loogu talagalay Gargaarayaasha xirfadleyda ah ee Rivkah". "Ficilladeeda ayaa tusaale u ah hadafkeena si aan dadka uga caawino kahortaga, u diyaargarowga iyo wax ka qabashada xaaladaha degdegga ah."

Dadaalka naf badbaadinta ah ee Rivkah iyo isdiraha da'da yar, Sam Blech ee Teaneck, N.J., waxay ka sameeyeen wacdaro Israel, iyadoo [lagaga waramay Jerusalem Post](#).