

# Is-Sigurtà fix-Xemx

## *Sun Safety*



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Tagħrif meħud minn [kidshealth.org](https://kidshealth.org)/Content adapted from [kidshealth.org](https://kidshealth.org)



# Ix-xemx hi ta' gid

## *The sun is good*

- **Ix-xemx tagħtina d-dawl u tghinna nzommu sħan.**
  - *The sun gives us light and helps keep us warm.*
- **Tkabbar il-fjuri u l-pjanti.**
  - *It makes flowers and plants grow.*
- **Mingħajr ix-xemx ma jkunx hemm biżżejjed ikel.**
  - *Without the sun there would not be enough food.*
- **Tagħtina l-vitamina D biex nassorbu aħjar il-kalċju f'għisimna għal għadam b'saħħtu.**
  - *It gives us vitamin D so we can better absorb calcium into our bodies for strong bones.*



# Ix-xemx tista' tkun ta' ħsara

## *The sun could be bad*

- Ix-xemx tibgħat raġġi perikolużi jisimhom raġġi ultravjola magħrufin ukoll bħala raġġi UV.
  - *The sun sends out harmful rays called ultraviolet rays also called UV rays.*
- Ir-raġġi UV ma tistax tarahom iżda jistgħu jkunu ta' ħsara għall-gilda tagħna.
  - *You cannot see UV rays but they can hurt your skin.*
- Meta l-gilda tiegħek tkun giet esposta żżejjed għal dawn ir-raġġi, tista' tinħaraq mix-xemx.
  - *When your skin has been exposed to too many of these rays, you get sunburn.*



# Min jista' jinħaraq mix-xemx?

## Who can get a sunburn?



- **Xi nies jinħarqu mix-xemx aktar malajr minn oħrajn.**
  - *Some people get a sunburn faster than others.*
- **Jekk għandek xagħrek bjonda, ġilda bajdanija, u għajnejn ta' lewn ċar, hemm tendenza li tinħaraq mix-xemx aktar malajr minn xi ħadd b'għajnejn u ġilda skura.**
  - *If you have blonde hair, light-coloured skin, and light-coloured eyes, you'll tend to get a sunburn more quickly than someone with dark eyes and skin.*
- **Iżda anki jekk għandek xagħar skur, għajnejn skuri jew ġilda ta' lewn skur, xorta tista' tinħaraq mix-xemx.**
  - *But even if you have dark hair, dark eyes, or darker-toned skin, you can still get a sunburn.*

# X'jista' jigrilna jekk ninħarqu mix-xemx?

## What could happen to us if we get a sunburn?

- **ħarqiet mix-xemx jidhru koroh u jinħassu aghar.**
  - *Sunburns look bad and feel worse.*
- **Jistgħu jtellgħulek nfafet fuq il-ġilda.**
  - *They can cause blisters on your skin.*
- **Jistgħu jzommuk ġewwa bl-uġiħ waqt li ħaddieħor ikun qieghed barra jieħu pjaċir.**
  - *It can keep you inside feeling sore when everyone else is outside having fun.*
- **Iżidulek iċ-ċans li titkemmixlek il-ġilda meta tikber.**
  - *They increase your chance of getting wrinkly when you get older.*
- **U l-agħar ħaġa hi li jistgħu jqabbdok kanċer tal-ġilda meta tikber.**
  - *And worst of all, they can lead to skin cancer when you get older.*



# L-għejja mis-sħana tax-xemx

## Heat exhaustion



- **Jekk tkun barra fix-xemx tisreg, jew tagħmel xi eżercizzju f'gurnata sħana, faċli ħafna li taqbdok l-għejja mis-sħana tax-xemx.**
  - *If you're out in the hot sun, or you're exercising on a hot day, it's easy to get heat exhaustion.*
- **Persuna taqbadha l-għejja mis-sħana tax-xemx meta għisimha ma jkunx jista' jibred malajr.**
  - *A person gets heat exhaustion when their body can't cool itself fast enough.*
- **Tista' thossok taħraq iżżejjed, għajjen/a u dghajjef/dghajfa.**
  - *You might feel overheated, tired, and weak.*
- **Jekk ma tiħux ħsiebha, tista' tinbidel f'xemxata, li tista' tkun fatali.**
  - *If you don't treat it, it can turn into a heat stroke, which can be deadly.*



# Xemxata Heat stroke

- **Xemxata hija marda aktar serja marbuta mas-sħana u tista' twassal biex xi ħadd jieqaf jogħroq, ikollu ġilda ħamra u taħraq, u jkollu deni għoli.**
  - *Heat stroke is a more serious heat-related illness and can cause someone to stop sweating, to have red, hot skin, and to have high temperature.*
- **Il-persuna tista' tiflew il-koordinazzjoni, tħossha konfuża, jew saħansitra tintilew minn sensiha.**
  - *The person might become uncoordinated, confused, or even lose consciousness.*
- **Tkun meħtieġa għajnuna medika immedjata.**
  - *It requires immediate medical attention.*



# X'għandek tagħmel? What should you do?

- Avża lil xi ħadd adult jekk tħossok taħraq, għandek uġiġħ ta' ras, tħossok sturdut/a jew imdardar/imdardra (bħal meta tkun se tirremetti).
  - *Be sure to tell an adult if you're hot, you have a headache, feel dizzy or nauseous (like you're going to throw up).*
- Il-persuna adulta għandha twarrbek mix-xemx u tpoġġik xi mkien għad-dell, tghinek timtedd mal-art b'saqajk mġhollin, tiffriskalek ġismek bl-ilma u tagħtik ħafna ilma x'tixrob, u ssejjaħ għat-tabib jew għas-servizzi tal-emergenza, skont il-bżonn.
  - *The grown-up will want to get you out of the sun and move you into the shade, make you lie down and elevate your legs, cool your body with water and give you plenty of water to drink, and call your doctor or the emergency services, if necessary.*



# Pariri għas-sigurtà

## *Tips for safety*



**M'għandekx għalfejn tinħeba mix-xemx għalkollox  
biex tipprotegi lilek innifsek,  
izda għandek tieġu l-passi li ġejjin speċjalment  
bejn l-10 ta' filgħodu u l-4 ta' waranofsinhar  
meta r-ragġi tax-xemx ikunu l-aktar b'saħħithom:**

*You don't need to hide from the sun completely  
to protect yourself,  
but you should take the following steps especially  
between 10 in the morning and 4 in the afternoon  
when the sun's rays are the strongest:*

- **Dejjem indilek bi krema tax-xemx b’rata SPF ta’ 30 jew ogħla.**
  - *Always wear sunscreen with an SPF rating of 30 or higher.*
- **Indilek bil-krema tax-xemx 15 jew 20 minuta qabel ma toħroġ fix-xemx. Aghmel dan ta’ spiss l-aktar jekk tkun qed tghum jew toghroq hafna – anki jekk il-krema tax-xemx tiflaħ għall-ilma.**
  - *Put on sunscreen 15 to 20 minutes before going out in the sun. Do this more often if you've been swimming or sweating a lot – even if the sunscreen is waterproof.*
- **Kun ċert/a li tindilek bil-krema tax-xemx madwar ġismek kollu, inkluż fuq widnejk, wara għonqok, il-ferq f’xagħrek, wiċċek, u l-uċuħ ta’ saqajk.**
  - *Be sure to put sunscreen all over your body, including the top of your ears, the back of your neck, your hair parting, your face, and the top of your feet.*





- **Evita x-xemx ta' spiss billi tidhol gewwa jew tmur xi mkien għad-dell.**
  - *Take breaks from the sun often by going indoors or moving into the shade.*



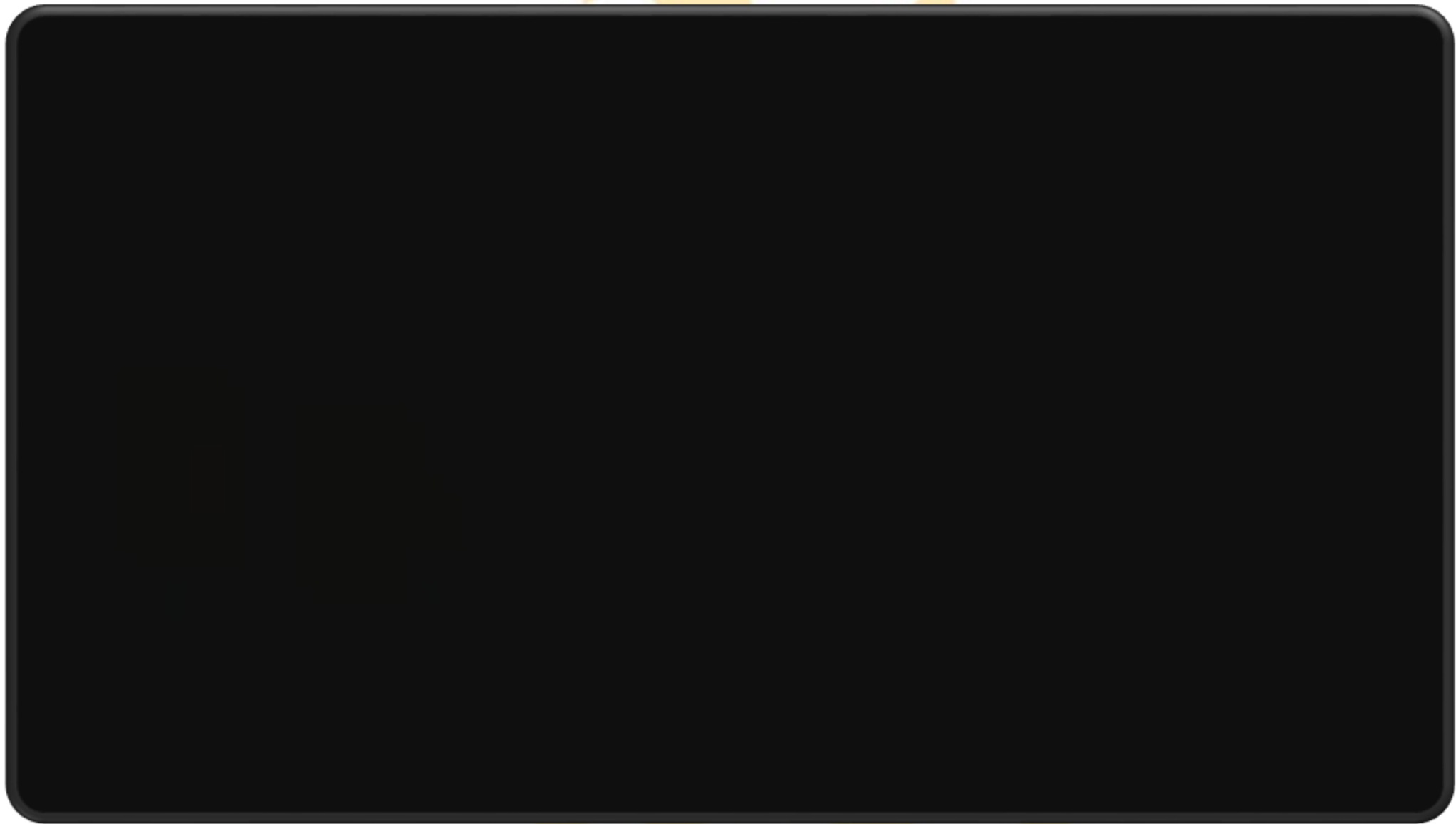
- **Fix-xemx dejjem ilbes nuċċali tax-xemx u kun ċert/a li huwa tajjeb biex iwaqqaf ir-ragġi UV.**
  - *Always wear sunglasses in the sun and make sure they have a label saying that they block UV rays.*



- **Ilbes kappell bil-pizz wiesa'.**
  - *Wear a wide-brimmed hat.*

- **Parti importanti biex tibqa' f'saħħtek hija li tixrob l-ilma, speċjalment meta barra tkun is-sħana.**
  - *Drinking water is an important part of staying healthy, especially when it's hot outside.*
- **Meta toghroq, titlef l-ilma li ġismek għandu bżonn biex jaħdem sewwa.**
  - *When you're sweating, you lose water that your body needs to work properly.*
- **U jekk tkun qiegħed/qiegħda tilgħab xi sport jew tigri fix-xemx, titlef ħafna aktar ilma, minħabba li toghroq ħafna aktar.**
  - *And if you're playing a sport or running around in the sun, you lose even more water, because you sweat that much more.*
- **Mela ixrob ta' spiss u tistenniex sakemm jaqbdek l-għatx!**
  - *So drink up and don't wait until you're thirsty!*





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