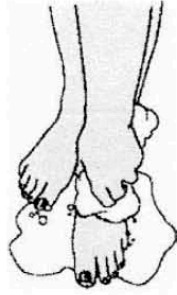


Daryeelka Cagta



Dadka sonkorowga leh waxay u baahan yihiin inay daryeel gaar ah siiyaan cagahooda. La kulan dhakhtarkaaga si degdeg ah haddaad aragto nabaro, dillaacyo, adkaansho ama wax isbeddelo ah. La tasho dhakhtarkaaga kahor is-daawaynta.



1. Ku maydh cagahaaga biyo diiran iyo saabuun maalin kasta.



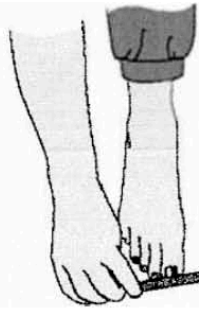
2. Si fiican u qallaji cagahaaga, gaar ahaan suulasha dhexdooda



3. Ku ilaali maqaarka jilayn adoo adeegsanaya kiriimka jilcinta (ha marin kiriimka suulasha dhexdooda).



4. Ka hubi badanka nabarro, sariino ama casaanyo. U sheeg dhakhtarkaaga haddaad aragto wax khaldan.



5. Isticmaal imiri (sofoeeye) si aad u qaabayso ciddiyaha suulasha xiitaa dhammaadka suulashaada.



6. U beddelo si maalinle ah sharaabado nadiif ah, oo jilicsan. Hubso inaad xidhatay xajmiga saxda ah.



7. Ku ilaali cagtaada diirimaad iyo qallalayl. Aalaaba xidho kabo si fiican kuu le, eg, hadday suurogal tahayna xidho sharabaado gaar ah.



8. Waliga ha socon cagaag – gudaha iyo dibaddaba.



9. Ka baadh waxyeelo kabahaaga maalin kasta ama khashin (quruurux, ciddiyo, iwm.) kuwaasi oo dhaawici kara cagahaaga.

Si fiican u daryeel cagahaaga – oo isticmaal! Lugayn dhakhso ah maalin kasta wuxuu carriyaa wareeg.