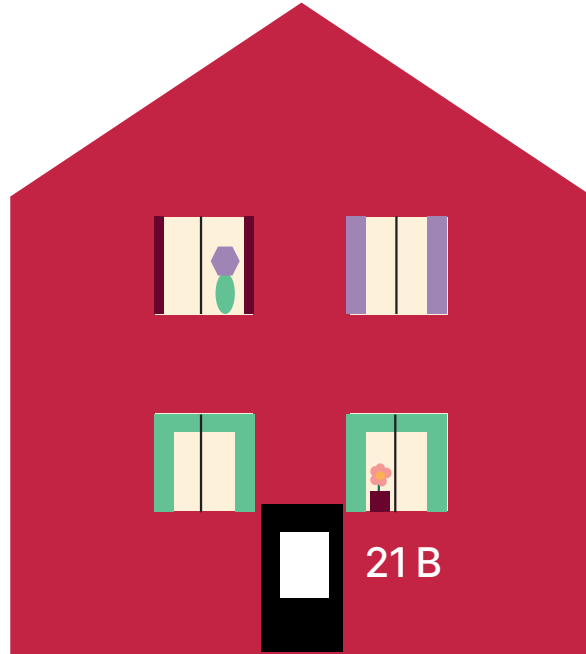
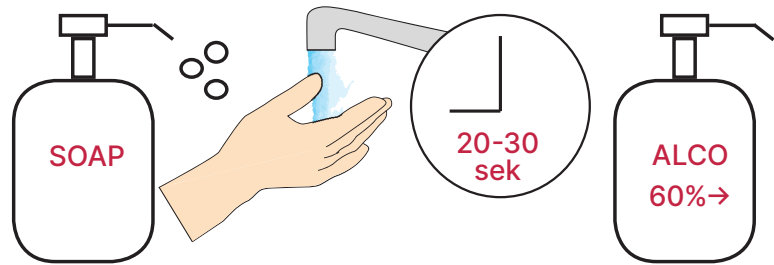


# Adigu is ilaali dadka kalena ka ilaali in cudur ku faafo

Gurigaaga ka joog shaqada ama iskoolka haddii aad dareemayso xanuun oo leedahay diif, qufac ama xummad. Markaasi khatar ma gelinaysid in dadka kale cudur ku faafo. Tani waxay khuseysaa xitaa haddii aad dareemayso xanuun aad u yar.



Iska ilaali u dhawaanshaha dad xanuusanaya. Markaasi waxaad naftaada iyo dadka kaleba ka ilaalinaysaa in la xanuusado.



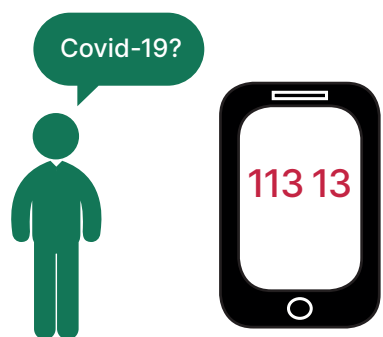
## Badanaaba dhaq gacmaha

Maadooyinka faafiya faayraskan waa kuwa aad u faafiya cudur oo si fudud u qabsada gacmaha. Waxay sii faafaan marka aad qof gacanta ku salaanto. Sidaas darteed waa inaad badanaaba gacmaha ku dhaqdo saabuun iyo biyo diiran, ugu yaraa 20 il-biriqsi.

## Ku qufac oo ku hindhis laabtada gacanta

Markaad qufacdo ee hindhisto waxaa faafa dhibco yar yar lehna maadooyinka cudurka faafiya kuwaas oo faafin kara faayraska. In lagu qufaco laguna hindhiso laabta da gacanta ama masarka warqada

ee sanku waxaad kaga hortagaysaa in cudur faafintan ay ku faafto hareerahaaga ama gacmahaaga. Mar kastaba masarka warqada ee sanku ku tuur dembiilka qashinka oo gacmaha dhaq.



## Xagee caawinaad ka heli karaa?

Guriga joog ilaa iyo inta aad dareemayso inaad xanuusanayso. Haddii xaaladaadu sii xumaato oo aanad isku dabari karin daryeelka gaarka ah ee guriga waxaad wici

kartaa 1177 si loo helo talo-bixinta daryeelka bukaan-ka (kuna qoran Iswiidhish iyo Ingiriisi).