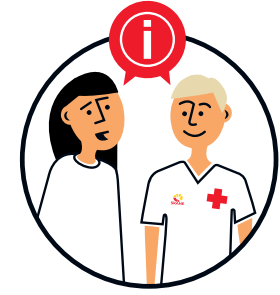




Macluumaadka saxda ah

Cid u sheeg haddii ay jiraan wax aad xasaasiyad ka qaaddo.

La xidhiidh shaqaalaha daryeelka caafimaadka haddii aad qabto su'aalo kusaabsan daryeelkaaga ama daawayntaada.



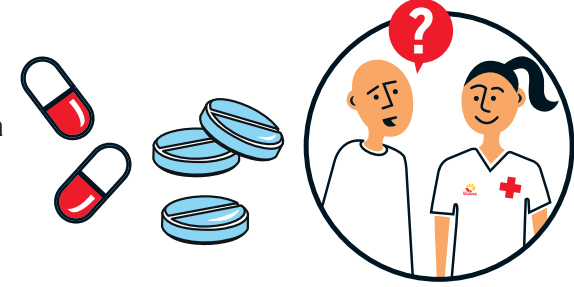
Daawadaada

Noo sheeg daawada aad qaadato iyo sababta aad u qaadato.

Waxa fikrad fican ah inaad sidato liiska ugu dambeeyey ee dhammaan daawooyinka kuu socda.

Noo sheeg haddii aadan hubin sababta aad u qaadato daawada qaar.

La hadal dhakhtarka ama farshiishte (daawo-yaqaan) haddii aad ka walaacsan tahay daawada kuu socota.



Ka ilaali naftaada iyo nafaha kale caabuqa

Ha ka yabaalin inaad waydiiso shaqaalaha haddii ay maydheen gacmahaaga kahor inta ayna ku daawayn.

Isticmaal jeermis-dile kahor cuntista cuntada.

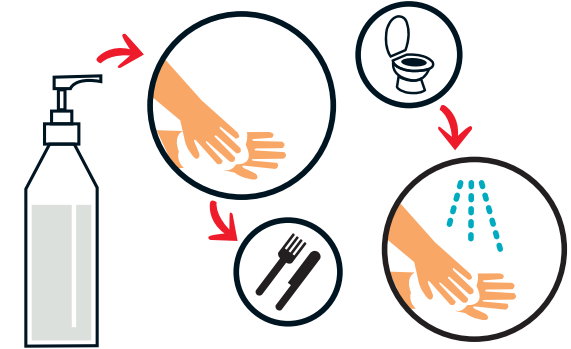
Kaliya isticmaal musqusha laguugu talogalay.

Maydh gacmahaaga kadib galista musqusha.

U sheeg cid haddii aad matagtay ama haddii aad shubmayso.

Ku hindhis kuna qufac suxulkaaga.

Iskaga siimi kiliinigiis oo isticmaal jeermis-dilaha gacmaha intaa kadib.



Kahortag hoos-u-dhaca miisaanka

Waxa dhici karta inuu amateedku kaa xumaado marka aad bugto. U sheeg cid haddii aad dareemayso hoos-u-dhac miisaanka ah oo aadan ugu talogalin.

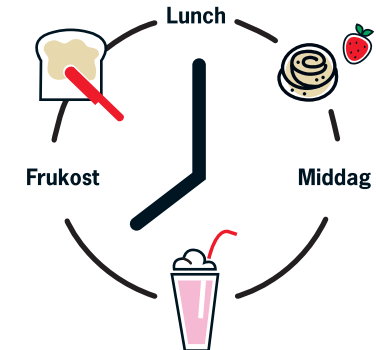
Hoos-u-dhaca miisaanka waxa lagaga hortagi karaa doorashada cuntada iyo cabbitaanka saxda ah.

– Wax cun sida badan oo aqbal/codso cuwaafaha.

– Dooro waxsoosaarka caanaha ee duxda leh kuna dar wax dux leh saanwijkaaga. Cun ukuno quraacda oo cab caano xilliyada cuntada si aad u hesho borotiin dheeraad ah.

– Cid u sheeg haddii ay kugu adag tahay calaalinta ama liqitaanku.

Xanuunada qaar waxay kaaga baahan karaan cunto gaar ah; waydii talo shaqaalaha.





Kahortag dhicitaanada

Had iyo jeer xidho kabo joogto ah oo si fican kuu leeg ama xidho sharabaaddada aan silban. Waydiiso shaqaalaha caawimo haddii aad dareento wareer ama dawakhaad marka aad kacdo si aad u lugayso.

Haddii aad sida badan wareerto, muddo ku yara fadhiiso dhinaca sariirta, cagahaaga ku soco oo cab xoogaa biyo ah kahor inta aanad kicin.

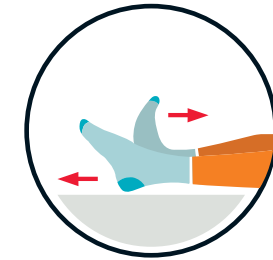


Kahortag xinjirowga dhiigga

Warwareeg inta ugu badan ee aad awooddo.

Xidho sharabaaddaada isku-cadaadiska.

Isku-day oo dabbaq jimicsiga fudud ee lugta iyo kuraanta.

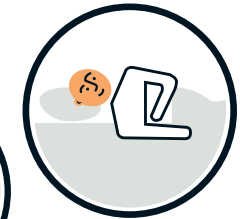


Kahortag nabarrada sariirtu sababto

Haddii aad karto, isku-day oo guur-guur sariirtaada dhexdeeda oo kolba dhinac isku rog. Xiitaa isrogista yari wax badan ayey tartaa.

U sheeg cid haddii aad ka dareemayso xanuun, tusaale, cidhbaha.

Shaqaaluhu way ku niyadsan yihiin inay kaa caawiyaan inaad isrogtu sariirta dhexdeeda ama sida aad u fadhido beddesho.



Wakhtiga cusbitaalka laga baxayo

Kahor inta aadan bixin, hubi in:

- aad heshay macluumaadka bixistaada, oo ay kujiraan liiska daawooyinkaaga iyo macluumaadka kusaabsan sida aad u qaadanayso iyo sababta aad ugu baahan tahay inaad qaadato.
- lagu sheegay cidda aad la xidhiidhayso haddii aad su'aalo qabto
- lagu siiyey macluumaad kusaabsan wixii la-socosho daryeelkaaga iyo daawaynta ah.

