

Ku so dhawaaw cafimaad baritan kaga

Madama aad wadanka iswiidhan aad ku cusub tahay waxa kugu yereyna cafimaad baritan. Adiga waxa lakulmaysa kalkaliso oo suaalo ku weydiineyso quseyo cafimaadkaaga, waxey ka qadi dhecaano dhiigaag ah cudurada la isku darto ay kaga barayan. Cafimaad baritanka waxa ka damacsanahay in ka hortag ahan, lagu ogaado ama laga daweyo cudur aad qabtay. Tusale ahan waxa dhici karto in aad qabto cuduro aad isku ogeyn oo cafimaad aad daremaysid. Xiligaan la joogo cudurada la isku darto waa la daweyn kara.

Cafimaad baritanka waa qarash la aan!

Hadi aad haysatit karka migareyshinka/LMA ha ilawin in aad hore u so qadatit!

Adiga ku soo dhawaaw isbitaalka xafada

Adiga waxa la kulmi donta kalkalisada la dhaho

Adiga waxa noo iman karta tariqda

Sacada

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Hadi aadan iman karin xiliga lagu qabtay na soo ogeysi oo soo wac labarkan:

Ama isbitalka xafada nogu imaw oo balantan hore u so qado.

Ku so dhawaw!

