











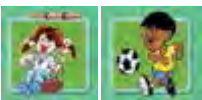


# 1. Iska ilaali wax yaabaha kugu kicinaya

| Waxyaabaha Xiiqda<br>Kiciya  |                        | Maxaad Samayn Kartaa?  |
|---|------------------------|--|
|                              | Cabista<br>Tubaakada   | Ha cabin. Marna ha u ogolaan in lagu cabo sigaar gurigaaga ama gaadhigaaga.  |
|                              | Duray iyo Hargab       | Maydh gacmaha had iyo jeer. Raac Qorshe Howleedkaaga Xiiqda marka ugu horeeya eed aragto calaamada duray ama hargab.   |
|                              | Dhogorta<br>Xayawaanka | Iska ilaali dhogorta xayawaanka, timaha ama baalasha. U maydh xayawaanka si joogto ah.   |
|                              | Manka                  | Daaqadaha xidh xiliga lagu guda jiro manka (Gu'ga iyo Dayrta). Isticmaal qaboojiyaha gaadhigaaga ama gurigaaga.<br>Iska ilaali dooga cusub ee la jaray.  |
|                              | Daxalka                | Iska ilaali caleemaha xumaaday, qashinka beerta iyo dooga buniga noqday ee xiliga Gu'ga iyo Dayrta.<br>Ku ilaali qoyaan ka hooseeya 50% gurigaaga.<br>Ku ilaali suuliyada iyo qaybta hoose ee aqalka inay qalal naadaan. |
|                              | Cayayaanka             | Ku maydh biyo kulul sariirta agabkeeda.<br>Uumi oo dhaska ka qaad had iyo jeer.<br>U sticmaal barkimaha iyo furaashyada galalka cayayaanka celsha.   |
|                             | Urta Xoogan            | Iska ilaali qiiqa iyo kiimikaalka marka aad awoodo.  |
|                            | Cimilo-gooreed         | Isbadbedelka cimilo-gooreedu waxay kicin kartaa xiiqda.<br>Gudaha iska joog haddii cimilo-gooreeda dibadu kugu kicin karto xiiqda.   |
|                            | Dikhowga<br>Hawada     | Gudaha aqalka iska joog haddii tayada hawadu kugu kicin karto xiiqda.<br>Iska ilaali qiiqa dabka xaabada.  |
|                            | Dareeno                | Isku day inaad iska ilaaliso xaaladaha walaaca/diiqada. Baro sida loo maareeyo walaaca/diiqada.  |
| <b>Waxqabadka </b>         |                        |  |
|                            |                        | U jimicsa si joogto ah si caafimaad wanaagsan u hesho.<br>Isticmaal dawadaada dejinta 10-15 daqiiqo ka hor jimicsiga, haddii aad u baahato.  |