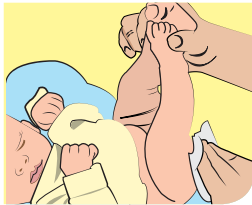


Badbaado iyo Caafimaad Xafaayada Guriga



Ka ilaali nolashaada iyo tan cunugaaga jeermiska adoo raacaya qaababkaan xaafayada.



1. CUNUGA NADIIFI

Gacmaha kuhay cunuga markasta si aad u ilaalisid!

- Udhig cunuga dhanka Xafaayada adoo kudhajineen xaafayada.
- Kunadiifi aaga xaafayada cunuga adoo isticmaalaya tiishka caruurta. Markasta kor kasoo billow illaa hoos.
- Ka ilaali xaafayadaha/dharka wasakhda ah meelaha aan caadiyan la nadiifin karin



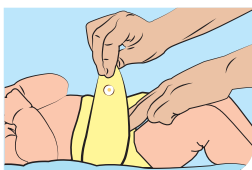
2. KASAAR XAFAAYADA WASAKHDA AH

Haddii cunugu uu isticmaalayay dharka xaafayada:

- Kurid tiishka cunuga ee la isticmaalay caaga qashinka, birta qashinka ama kurid tiishka xaafayada dharka qashin kaydiyaha.
- Haddii cunugu uu xaaray, kasaar xaafayada adoo dhigaya gees hada, meel aan u dhawayn cunuga.
- Haddii cunugu uusan xaarin, kurid xaafayada wasakhda ah qashin kaydiyaha.

Haddii cunugu uu isticmaalayo xaafayada labadali karo:

- Kurid tiishka cunuga ee la isticmaalay meelaha aad kuridid xaafayada wasakhda ah.
- Kurid Xafaayada wasakhda ah iyo tiishka la isticmaalay caaga qashinka, birta qashinka.



3. KUBADEL XAFAAYADA

- Uxir cunuga xafayaad cusub.
- Mari kareemka xaafayada, haddii ay muhiim tahay.
- Kuxaji xaafayada una gali cunuga.



4. DHAQ GACMAHA CUNUGA

- Kudhaq gacmaha cunuga sabuun iyo biyo dhigna meel amaan ah, meel la ilaalinayo.



5. NADIIFI AAGA XAFAAYADA (Qaas ahaan haddi ay yaalan kaniiniyo ama waxyaabaha xaafayada)

- Haddii xaafayada aysan biyuhu galeen, kunadiifi ciida oo dhan adoo isticmaalaya shukumaanka ama tiishka caruurta. Kadibna mari adoo kuxoqaya dawada jeermiska disha una ogolooow inay qalasho.
- Haddii korka xaafayada uuyahay suuf, saar qaybta ciida leh kuna badel mid cusub.



6. NADIIFI XAARKA (Haddii aad isticmaalaysan dharka xaafayada)

- Haddii cunugu uu kuxaaray xaafayada, kurid xaarka suuliga. Ka ilaali in xaarku taabto meelo kale.
- Kurid xaafayada wasakhda ah caaga qashinka ama qashin kaydiyaha.



7. DHAQ GACMAHAAGA

- Kudhaq gacmahaaga sabuun iyo biyo.

