

Sida loo yareeyo khatarta faafidda feyruska meel la wadaago

Haddii aanad caafimaad qabin, tixgeli inaad qaado tillaabooyinkan si aad u joojiso fiditaanka cudurka, gaar ahaan haddii aad la nooshahay qof khatar weyn ugu jira cudurro daran.

Isticmaal musqul gooni ah, haddii ay suurtagal tahay. Haddii ay jirto musqul la wadaago, jeermiska ka nadiifi meelaha aad loo taabto ka dib isticmaal kasta. Ka fogow dadka kale intii suurtagal ah markaad xanuunsan tahay.



Tixgeli inaad ku jirto qolkaaga jifka, xitaa markaad wax cunayso.



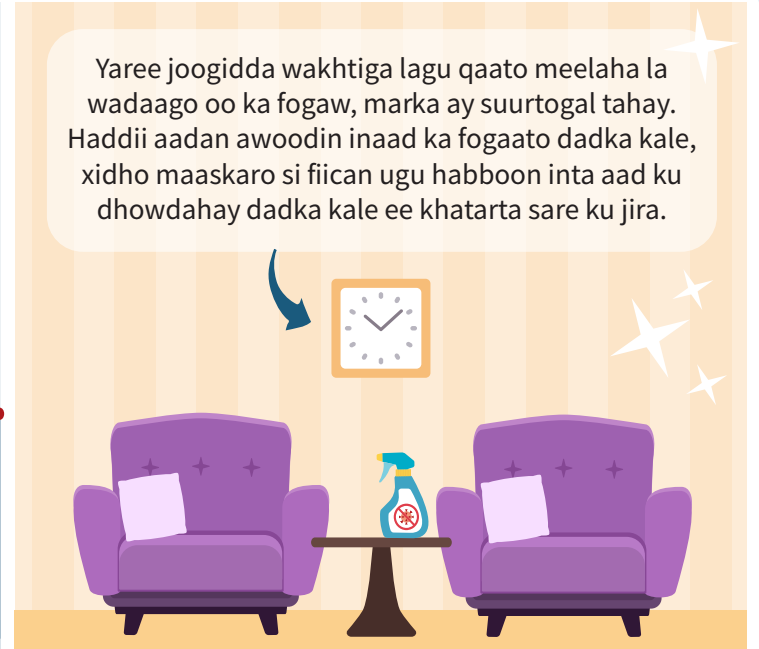
Si joogta ah u nadiifi oo jeermiska uga qaad sagxadaha taabashada sare leh sida gacanka albaabka, meelaha nalalka laga daaro iyo kontaroolada telefshinka.

Sida habboon, cuntada iyo cabitaannada waa in ay diyaariyaan kuwa kale si aanay jirro ugu faafin meelaha bannaan meesha cuntada lagu diyaariyo ama lagu cuno.



Isku day inaad isticmaasho jikada waqtiyo kala duwan.

Yaree joogidda wakhtiga lagu qaato meelaha la wadaago oo ka fogaw, marka ay suurtagal tahay. Haddii aadan awoodin inaad ka fogaato dadka kale, xidho maaskaro si fiican ugu habboon inta aad ku dhowdahay dadka kale ee khatarta sare ku jira.



Waxaa la cusbooneysiijay July 5, 2022