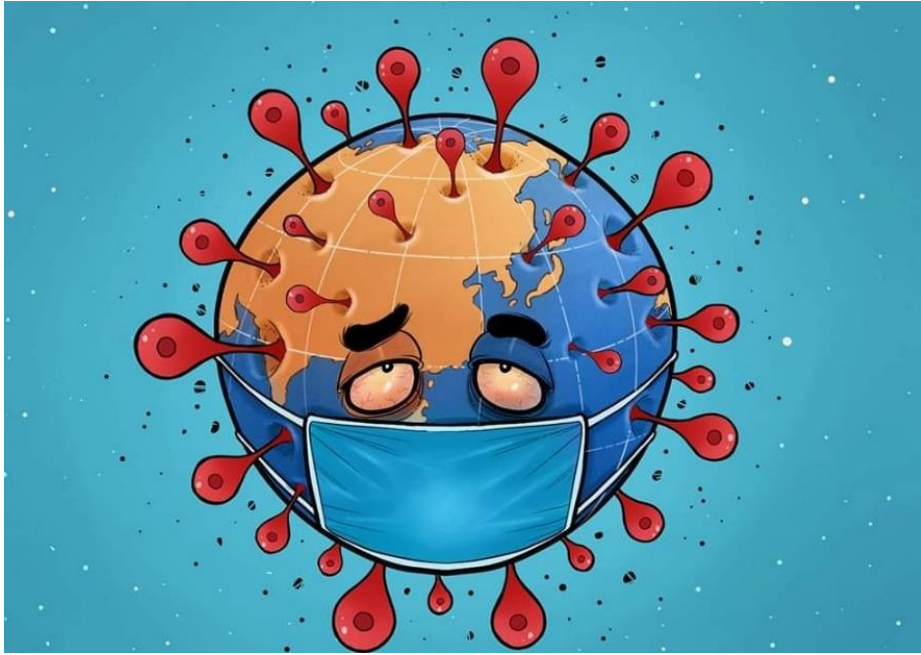




Badbaadso naftaada iyo nafaha kale! Raac xeerarka (sharciyadaha):

- Ka fogow ugu yaraan hal mitir dadka kale.
- Xusuusnow afxerka markii aad istecmaaleysid gaadiidka dadweynaha.
- Afxerka hayso oo adeegso meelaha dadweynaha ey ku badanyahinn.
- Dhaq gacmahaaga sida badan.
- Wey reebantahay (waa mabnuuc) in la abaabulo ama la isu keeno shirar gaar ah oo ay goobjoog yihiin in kabadan 10 qof. Reebnaanta waxay khuseysaa gudaha iyo dibaddaba, iyadoo aan loo eegayn da`da.
- Ka fogow gaadiidka dadweynaha haddi aad awoodid.
- Ku shaqey gurigaada haddii ay suurogal tahay.
- Raac xeerarka (sharciyada) oo ku saabsan karantiilka.
- Inta aad awoodikartid gurigaada joog.

U samee naftaada iyo tan dadka kaleba