

Guriga iyo hargab

Joog guriga markaad qabto hargab. U diyaar noqo inaad carruurta iyo dhalinta jirran ku hayso guriga.

Maxay muhiim u tahay in guriga la joogo iyadoo hargab la qabo

Waxaad qaadiin kartaa hargabka dadka kale markaad qufacdo ama hindhisto. Waxaad ugu daran tahay markaad qabto qandho IYO 24 saac kadib markay qandhadu kaa tagto.

GUDBI OG

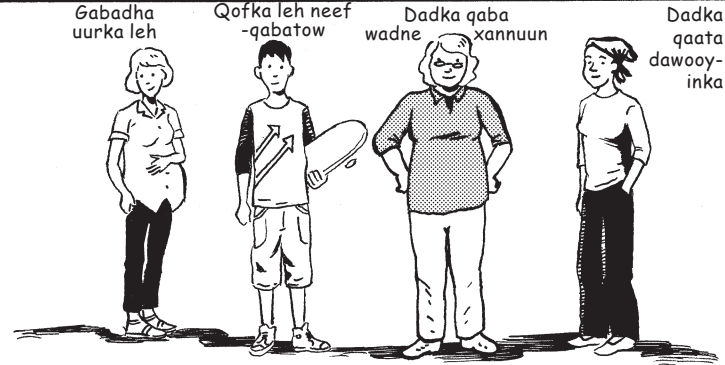


Marka ay xumaddu jirto



Maalin dhammaystiran kadib marka xumaddu tagto

Dadka qaarkood ayaa khatar weyn ku jira oo leh mushkilado caafimaad oo daran haddii uu ku dhaco hargabku.



Gabadha uurka leh

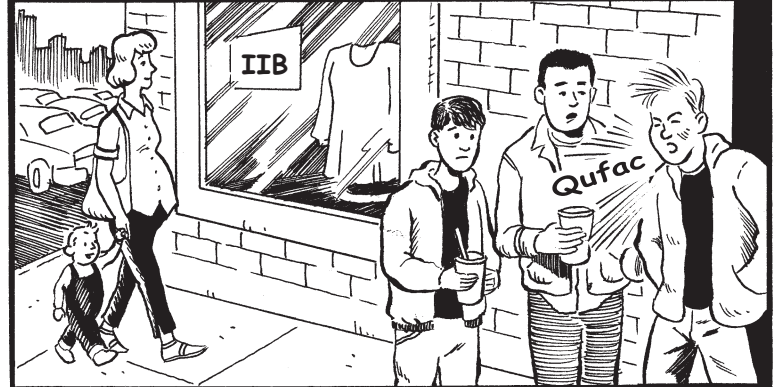
Qofka leh neef -qabatow

Dadka qaba xannuun wadne

Dadka qaata dawooyinka

Dad badan oo khatar sare ku jira waxay u muuqdaan caafimaadqab.

Haddii aad tagto dugsiyada ama meelaha kale ee la isugu yimaado adiga oo weli ku jira xaaladdii aad fidinaysay fayraskan, waxa aad dadka kale gelinaysaa khatar.



Hubi in aad xaqiijiso in ilmahaagu uu caafimaadqabo kahor dugsiga ama xannaanada ilmaha maalinkasta

Ilmahaagu ma leeyahay:

Xumad

ka sareeya 100°F



IYO mid kuwan soo socda ah:

Qufac

AMA

Cuno xannuun



Haddii ay sidaas tahay, waxa dhici karta in ilmahaagu uu hayo hargab. Astamaha kale waxa ka mid noqon kara san duuf leh, jidh xannuun, shuban, iyo matag

Haddii ilmahaagu jirran yahay, tixgeli ikhtiyaaradan xannaanada ilmaha:

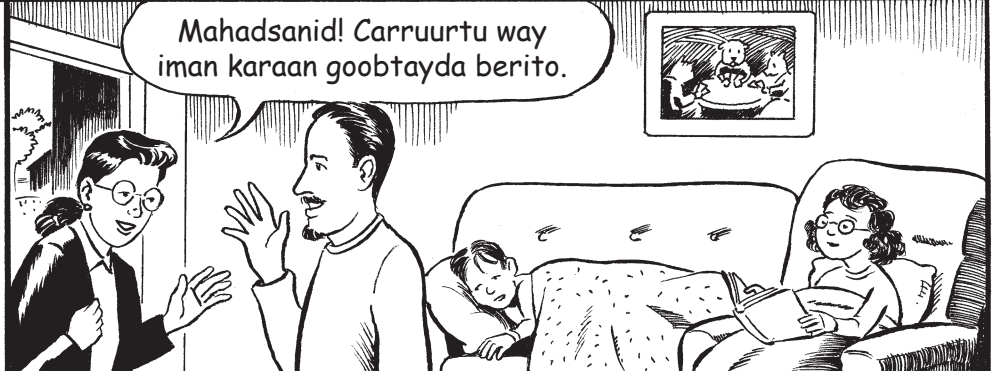
Oo waad kartaa in aad xannaanayso iyada gelinka dambe?

Waxaan umaleynayaa in aan shaqeyn doono.



Weydii qaraabada, asxaabta, ama jaarka in ay ku caawiyaan.

Mahadsanid! Carruurta way iman karaan goobtayda berito.



Samayso isku-xidh xannaanada ilmaha ee jaarka. Raadso koox yar oo goysas ah si aad isu dhaafsataan maalmaha xannaanada ilmaha.