

SIDA LOO QAATO GACAN GASHADKA LEYSKA TUURO

Qaadashada gacan gashadka leyska tuuro iyo sida wanaagsan ee loo isticmaalo waxay kaalmeyn kartaa ka hortagga faafidda cudurka ka dhasha raashinka!

MAR KASTA QAADO GACAN GASHAD

marka aad qabaneysid cuntada diyaarka u ah in la cuno (sida rootiyada, salaata, bataatada la shiilay, iwm).

DHAQ GACMAHAAGA

ka hor inta aadan qaadanin gacan gashadka.

MAR KASTA BADDAL GACAN GASHADKA ...

- Marka ay dilaacaan
- Marka ay wasakhobaan ama soo gaarto wasakhda
- Ka hor inta aadan bilaabin shaqo kale
- Kaddib marka aad isticmaashid musqusha, qaadatid nasasho, ama ka tagtid goobta shaqada

MARNA HA DHAQIN GACAN GASHADKAADA

kaddibna dib ha u isticmaalin.

