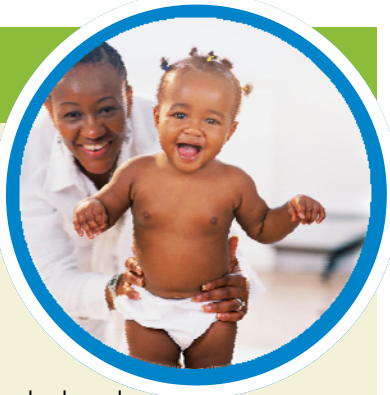
Ka hortagga Faafidda Xanuunka Shubanka

Bakteeriyadacteria sababa caabuqa waxay ku jirtaa saxarada dadka waxaanay fuuli kartaa gacmaha marka la isticmaalayo musqusha ama la baddelayo xafaayadda. Caabuqu wuxuu fidaa marka gacmaha sumaysani taabtaan cunto, afka iyo waxyaabo kale sida tooyada. Caabuqu wuxuu u fidi karaa si sahlan qof ilaa midkale, gaar ahaan tallaabo baradka iyo dhallaanka.

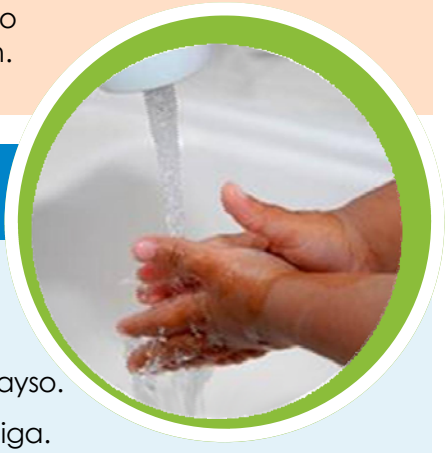
Faafidda Caabuqa Guriga ku Jooji



1. Gacmahaaga biyo diirran iyo saabbuun ku dhaq markii aad musqusha ka dhamaato ama xafaayad baddesho, iyo intaadan, iyo intaadan diyaarin cunto iyo cabbid.
2. Gacmahaga dhaq 15-20 ilbiriqsi-waxay badbaadin kartaa maalmo jirro ah oo danbe.
3. Ku dhextuur weel dabool leh xafaayadda wasaqda leh ama bacee.
4. Nadiif iiyo wasaq-tir halka xafaayadda lagu badelo ama buufi oo jeermis dil.
5. Cunto ha u diyaarin dad kale adigoo shuban qaba oo labo beri sug istaagidda shubanka.
6. Jeermis dile gacmeed hayso markaadan helaynin biyo iyo saabbuun.

Haddii Canuggu qabo Shuban, Sida looga Joojiyo ku baahidda dadka kale

1. Carruurta shubanka qaba waa inaanay taaban kuwa aan jirranayn.
2. Ka saar goobta xannaanada ama dugsiga.
3. Krmeer gacma-dhaqashada tilaabo baradka iyo ilmaha kadib markay musqusha isticmaalaaan.
4. Aaladahooda ciyaarta kala saar biyo kulul oo saabbuun lehna ku marydh.
5. Majirto dabaalasho barkad iyo biyo kale ilaa labo beri kadib joogsiga shubanka.
6. Meel ha ugu wada qubayn carruurta.
7. Si gaar ah ugu maydh dharka canugga shubanka qaba adigoo isticmaalaya biyo kulul. Jeermis dile gacmo sido marka biyo iyo saabbuun aan la helaynin.



Gacmo Dhaqashada Asaasiga ah ee Carruurta

1. Tusaale ku bar-la gacmo dhaqo.
2. Xasuusiyaal gacmo-dhaq ku dheji meel ay carruurtu arki karto.
3. Markasta oo ay gacma-dhaqdaan abaalmari inta ay dabeecad uga noqonayso.
4. Shay la fuulo sixniga hoostiisa ha yaalo si ay si sahlan carruurtu u gaadho sixniga.
5. Bar carruurta inay mayrtaan/dhaqdaan gacmahooda inta ay kaga heesayaan ABCda ama "HappyBirthday" labo jeer.
6. Xaqiiji inay isticmaalayaan saabbuun badan (dareere ayaa ugu fiican) iyo biyo kulul.

Cusboonaysiin 3.20.09

Xog dheeraad ah, aad
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