

# Maxaad qabataa? Miridh kastaaba wuu tirsanyahay!



Tallada ugu wanaagsani waa in isla markaaba iliga meeshiisa lagu soo celiyo!

## Haddii iliga oo dhan la soo tuuray

OGOW: kuma habboona ilkaha carruurta u soo horbaxa

- ♥ Soo hel iliga lumay adoon daahin!
- ♥ Iska ilaali in aad taabato jiridda oo ku soo celi iliga meesha – haddii dhamaan ay suuragal tahay.

Haddii iliga si la arki karo u wisikhaysanyahay, si degdega ugu nadiifi biyo socda ama ku nadiifi afka candhuuf.

- ♥ Ku hay iliga meesha habka dhakhtarka ilkaha.
- ♥ Haddii tan aanay suuragal ahayn, ku hay iliga afka gudahiisa, ama caano dhexdood. Ha u ogalaan jiridu in ay qalasho!
- ♥ Arag dhakhtarka ilkaha sida ugu dhakhasa badan ee suuragalka ah.

## Haddii qayb ilkaha ka mid ahi ay soo jabtay

- ♥ Soo hel jabka maqan oo sii qoy ilaa inta aad ka gaadhayso dhakharka ilkaha.

Wac dhakharka ilkaha:



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