

Raajada Naasaha



Raajada naasuhu waa raajo la saarayo naaskaaga. Waana dariiqada ugu fiican ee lagu baaro kansarka naasaha. Waa in aad isa saartaa raajada naasaha hal mar sanadkiiba markaad dhaafto da'da 40 ama kaba hor haddii aad khatar sare ugu jirto in uu kansar kugu dhaco. Dhakhtarkaaga kala hadal sameeyayaasha khatarta.

Wakhtigaaga ku imow si lagu baaro.

Isu diyaarin

- U sheeg shaqaalaha baaritaanka ka hor haddii ay suuroggal tahay in aad uur leedahay.
- Ha isticmaalin carfiye, kareemo ama labeen, ama budo oo ha marinin laabatooyinka gacmaha iyo naaska dushiisa toona maalintaa lagu baarayo.

Inta lagu jiro baaridda

- Waa in aad dharka ka qaaddaa wixii ka sarreeya dhexda (saracda). Waxaa lagu siinayaa dirac xaashi ah si aad u xirato.
- Waxaa lagu weydiisanayaa in aad ag istaagtid mishiinka.
- Laba raajo ayaa laga qaadayaa naas kasta ugu yaraan.

- Qofka ku baarayaa wuxuu u baahan doonaa in uu taabto oo dhaqdhaqaaqiyo naaska si uu meesha ku habboon u raajeeyo.
- Dhibco dheg-dhegaya oo yar-yar ayaa laga yaabaa in la saaro ibta naasahaaga si ay u caawiyaan in wax laga arko raajadaada.
- Waxaa naasahaaga la isugu majuujin ama caadin doonaa laba xajmi oo fidsan. Tani waa laga yaabaa inay ku xanuujiso, balse dhib uma keeni doonto naasahaaga.
- Waxaa lagu weydiisan doonaa in aad neef badan xabadkaaga geliso INTA raajada lagugu qabanayo.
- Raajo kasta waxay qaadataa in ka yar 30 ilbidhiqsi.
- Haddii ay kuugu jiraan naaso macmalan, waxaa loo baahan doonaa in la qaado raajooyin badan, baaridduna waxay qaadan doontaa waqti badan.

Natijoooyinka baaritaanka waxaa loo dirayaa takhtarkaaga. Takhtarkaaga ayaa kaaga warramaya natijoooyinka.

La hadal takhtarkaaga ama kalkaaliyahaaga haddii aad qabtid wax su'aalo ah ama walaacyo ah.

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