

Kahortar faafida

Marwalabo nadiifi wajixirkada



Goormee wajiga laxirtaa?

- Marka aad agdhowdahay dadka aadan la nooleyn
- Marka ay adagtahay inaad kadheeraato 6 feet dadka sida meelaha laga adeegto, meelaha dharka lagu dhaqo ama goobaha lagu cibaadaysto

Side wajixirka looxirtaa?

- Gacmahada dhaq kahor inta aadan wajixirka gashan
- Wajixirka waa inuu daboolo afkaada iyo sankaaada ilaa garka hoostiisa
- Waa inuu wajiga dhinacyadiisa oo dhan qariya



- Hadaboolin qoorta ama wajiga qeebtiisa sare
- Hataaban wajixirka, gacmaha dhaq hadii aad taabato
- Markaad wajixirka iska saarayso, kaqabo geisha hana taaban indhaha, sankaa iyo afka

#1 Markad wajixirka iskabixiso ha hilmamin inaad gacmaha iskadhaqdo

#2 Gacmahada dhaq marwalbo oo aad wajiga xirato

Side wajixirkada loodhaqaa

- Isticmaal mashinka dhaqarka lagu dhaqo Kudar wajixirkada dharka aad joogtada udhaqdo. Isticmaal oomada aad dharka caadiga ah kudhaqdo iyo biyo qandac.
- *Gacan dhaqa*
Iskudar 1/3 koob warankiilo halkii gaaloon iyo biyo lanaadhig 5 daqiiqo kadibna biyo qandac ah kudhaq.

Side looqalajiyaa

- *Qalajiso*
Isticmaal kululaysada Meesha ugu sarayso
- *Kadibna meel kuwar uu kuqalalo*
Dhig meel qorax ku aadan markasta
U ogolow inay iskeed uqalasho.



#MaskUpNorth

#Maskspreadlove

