

# nuujinta qarshadda

Caanaha hooyadu waa nafaqada ugu fiican ee ilmaha.

Naas-nuujinta waxaa lagu taliyaa inuu socdo ilaa lix bilood (26 usbuuc) nolosha ilmaha, iyadoo uu siinayo nafaqada idil ee ilmuhu u baahan yahay.

Lix bilood waa da'da lagu taliyo naas-nuujinta ilmaha.

Markaad naas-nuujinayso ilmahaga, samee naas-nuujin (iyo/ama nuujin dhalo) inta ka dambaysa lixda bilood.

Haddii aadan awoodin, ama aad xulatid inaanad samayn, raac talooyinkaa, hubi inaad talo ka heshid kalkaalisada caafimaadeed ee kuu timaadda ama takhtar

Naas-nuujintu waa bilowga ugu caafimaad badan ee ilmahaaga aad siin kartid.

Siinta caanaha qasaca ilmo la naas-nuujiyo waxay keeni kartaa in naas-nuujintu sii adkaatoo.

Haddii aad joojiso naas-nuujin, way adag tahay inaad dib u bilowdo.

Adiga laftigaaga is daryeel oo cun nafaqo fiican.

Wixii war ama talo ku saabsan naas-nuujinta fadlan waydii umuliasada, kalkaalisada caafimaadka ee kuu timaadda ama takhtarka.

Waxaad la xiriiri kartaa



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Warka qoraalkaan wuxuu kugu caawimayaa sida ugu badbaadada badan dhalo nuujinta ilmahaaga.

Isticmaal talada nadiifinta iyo caafimaadka, haddii aad isticmaalaysid caanaha naaskaaga oo aad listay ama caanaha qasaca.



Dhamaan qalabka loo isticmaaloo naas-nuujinta ilamahaga waxay u baahan yihiin inaad nadiifiso.

Nadiifinta qalabka nuujinta waxay yaraynaysaa cudurka ku dhici kara ilmahaaga sida jirrada ama shubanka.

# sidee loo nadiifiyaa

nadiifi oo dhaqdhaq

Ku nadiifi dhalada ama ibta caagga biyo saabuun leh oo kulul, adigoo isticmalaya burush.

Qallaji qalabka intaada nadiifin.



# ku nadiifinta bilo qabow

Waxaad raacdaa talada sameeyaha qalabka.

Beddel biyaha nadiifiyaha 24tii saacadoodba mar.

Ku rid qalabka nafaqaynta biyaha nadiifisada muddo aan ka yarayn 30 mirir.

Hubi in meel neef kaga jirto inaysan jirin dhalada ama ibta markaad ku ridaysid nadiifisada.

Ku rid qalabka oo idil biyaha nadiifiyaha oo leh dabool sabeynaya.



# Uumi Ku- nadiifinta

Waxaad raacdaa talada sameeyahay qalabka.

Hubi in afka dhalooyinka iyo ibta caagga ah inay hoos u fooraraan marka ku jiraan nadiifisada.

Qalabka aan toos loo isticmaalayn waa in mar kale lagu ridaa nadiifisada intaan la isticmaalin.

# diyaarinta nafaqaynta



Intaadan diyaarin nafaqayn, nadiifi halka aad isticmaalayso.



Waa muhiim inaad **DHAQDO GACMAHAAGA.**



Haddii aad isticmaalayso nadiifiyaha qabow, ka qub biyaha nadiifiyaha dhalada iyo ibta caagga ah ama ku dhaqdhaq dhalada biyaha kirliga ee la qandaciyay.



Saar dhalada meel nadiif ah.

Ibta caagga ah iyo furka dul dhig daboolka rogan ee nadiifisada. Ha saarin meesha aad isticmaalaysid.

# markaad diyaarinayso caanaha qasaca ee ilmaha

KIRLIGA KU SHUB BIYAHA TUUBADA.  
MARKUU KARKARO BIYAHA CABAAR DAA  
INUU QABOBO.

MAR WALIBA KU SHUB BIYAHA QANDACA  
AH GUDAHA DHALADA.





MAR WALIBA EEG HEERKA BIYAHA INUU SAXSAN YAHAY. RAAC TALADA SAMEEYAHA QALAHBKA.



Si fudud u buuxi qaaddada caana booraha oo sin ka dibna sii daa adigoo aan hoos u cakirin. U isticmaal biyo dhan 30mls ama 1oz halkii qaado ee ah caano booro ee.



**KU DAR BIYAHA CAANA BOORAHA.** Siinta nafaqayn caano booruhu aad ugu badan yihiin waxay u keeni karta cunuggaga caloosha oo adkaata.



Adigoo haya dhinaca ibta caagga ah, saar afka dhalada. Wareeji furka madaxa dhalada.

Ku dabool ibta caagga furka dhalada. Rux dhalada ilaa uu caana booruhu uu dhalaalo.



Haddii aad sameynaysid in ka badan hal nafaqayn, isticmaal dhalooyin kala gaar ah.

Ha isticmaalin joog ama weel weyn.



Ku kaydi dhalooyinka sameysan meelaha ugu qabowga badan qaboojiyaha (5°C). Ha hayn in ka badan 24 saacadood.

# nafaqaynta ilamahaaga



Haddii aad doonayso inaad qandacisid caanaha cunuggaga kor ugu fariisi biyo kulul.

In lagu kululeeyo caanaha tinaarta makroweefka waa qatar waayo caanuhu waa sii karkari karaan xitaa marka la soo saaro.

Tijaabi cabbirka kulaylka caanaha adigoo dhibic ku shubaya gacantaada.

Markaad nafaqeynaysid cunuggaga hubi in caanuhu ka buuxaan ibta caaga ah, haddii kale cunuggaga wuxuu liqayaa dabaysha.

**DAADI CAANAHA SOO HARA.**

