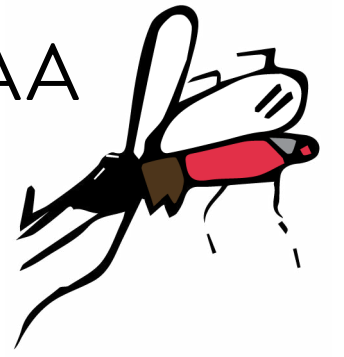
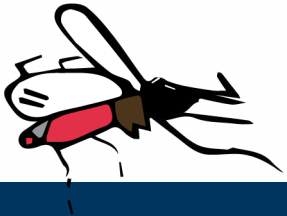


QAAADO SAFARKA DIYAARADA HA QAAADIN MALAARIYADA

MALAARIYADA WAA LAGA HORTAGI KARAA



Waxa aad samayn karto si aad u difaaco naftaada:

- Booqo dhakhtarkaaga ama xarunta caafimaadka ee safarka 4-6 asbuuc kahor safarkaaga dibada.
- Qaado daawada laguu qoray iskana ilaali qaniinyada kanecada.
- **Baro astaamaha:** madax xanuunka, muroq xanuunka, daalka, gariirka, qarqaryada, lalabada; qandho, mataga, iyo/ama shubanka.