

Gacmaha nadiifka waa muhim



WARBIXINTA NADAAFADDA GACMAHA EE  
BUKAAN-SOCODKA IYO SOO BOOQDAHA

## Gacmaha nadiifka waa muhim

Goobaha caafimaadka waxa shaqaalaha caafimaadku isticmaalaa aalkolada gacmaha ka hor markey la xiriiirayaa bukaan-socodka iyo kadib. Iyadoo sidaa ah ayey hadana dhacdaa in bukaan-socodka loo gudbiyo bakteeriya ama fayras.

Bukaan-socodka iyo soo booqdaha ayaa iyagu faafin kara bakteeriyada iyo fayraska. Haddii aad adigu iyo soo booqdahaadu raacdaan taladan hoose waxey ka qeyb qaadaneysaan yareynta qatarta in cuduro lagu faafiyo goobaha caafimaadka.

## Meyr gacmaha badanaa

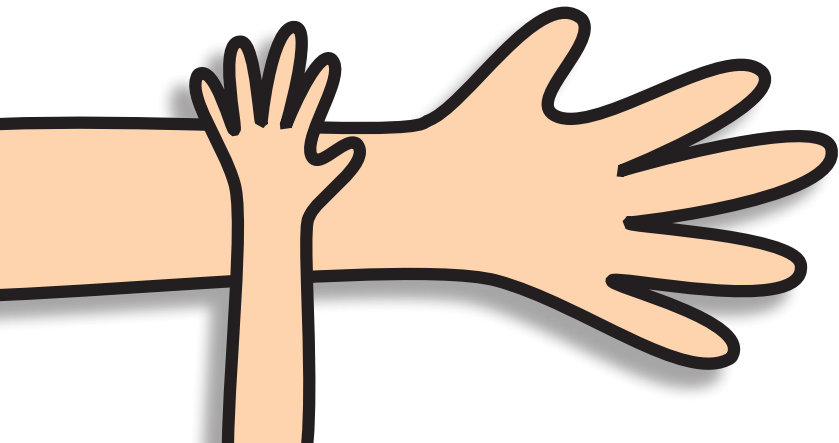
### Sidan samee:

- 1 Gacmaha saabuun iyo biyo ku meyr markaad suuliga ka soo baxdo iyo intaadan wax cunin. Mar walba isticmaal oo gacmahaada ku qalaji warqadaha gacmo qalajinta.
- 2 Isticmaal aalkolada gacmaha ee ku jirta weelka saaran meesha gacmaha lagu meyrto. Laba jeer riix oo si fiican u marmari gacmahaaga ilaa gacmuhu ka qalalaan.

**Weydii shaqaalaha caafimaadka haddii shaki kaa galo!**

## Ka fakar arimahan

- Inaad isticmaasho oo kaliya suulida shaqaaluhu kuu tilmaamo.
- Inaadan gelin kushiinka qeybta cisbitaalka oo aadan adigu wax ka sooqaadan.
- Haddii shuban ama matag aad isku aragto u sheeg shaqaalaha Yaanu kuu imaan qof qaba hargab ama cudurada kale ee la is qaadsiiyo.
- Haddii aad tahay booqde ha booqan cisbi taal haddii aad xanuunsan tahay. Haddii calool xanuun kug dhacay inaad caafimaad qabtaa ugu yaraan laba maalmood.





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