

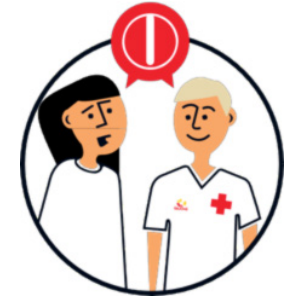


Ka qayb qaadashada daawayntaada

Wixii adiga muhiim kuu ah – annagana waa noo muhiim! In aad ka qayb qaadatid daryeelkaaga caafimaad, nooga warrantid xaaladaada oo su'aalo na weydiisid waxay keenaysaa daryeel caafimaad ammaankiisu fiican yahay. Noo sheeg sidoo kale haddii aad wax xassaasiyad ama allerji ku tahay, tusaale ahaan daawo ama raashin.

Si lagaga dhafo baaritaanada ama daawooyinka aadan u baahnayn waxaad weydiin kartaa:

- Ma u baahnay tallaabadaas?
- Ma jirtaa wax kale oo la samayn karo?
- Waa maxay khataraha ka dhalan kara?
- Maxaa dhacaya haddii aan doorto inaan diido baaritaanka/daawada?

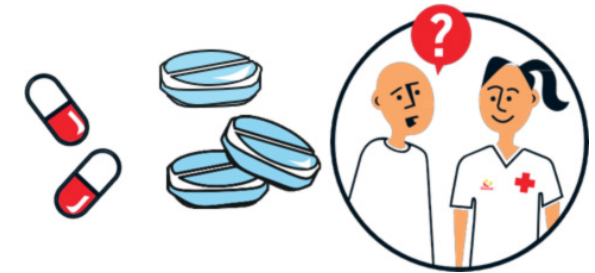


Dawadaada

Sheeg dawada aad qaadato iyo sababta.

Sheeg haddaadan ogeyn sababta aad u qaadato dawooyinka mid ka mida.

Kala hadal dhaqtarka, kalkaalisada caafimaad ama farmashiistah wixii su'aalaa ee ku saabsan dawooyinkaada.



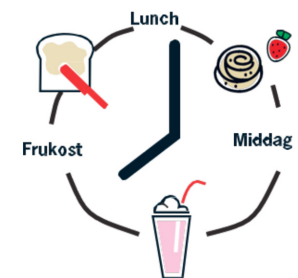
Iska difaac adiga iyo dadka kalaba cudurada faafam

Iska difaac adiga iyo dadka kalaba cudurada faafam Dhaq gacmaha oo isticmaal aalkolada gacmaha intaadan wax cunin. Isticmaal musqusha lagu tilmaamay oo kaliya. Dhaq gacmaha oo isticmaal aalkolada gacmaha musqusha kadib. Sheeg haddii aad matagtay ama shubantay. Hindhisada gacanta ku dabool. Isticmaal warqadaha sanko markaad siimineyso diif gacmahana aalko- lo mari kadib. Ha ka shakin inaad shaqaalaha weydiiso in gacmahoodu nadiif yihiin intaadan salaamin.



Cuntada muhimka ah

Talo weydiiso shaqalaha haddii aad cunto cunto qaasa. Cudurka ayaa keen in kiilaadka iyo muruquba hoos u dhacaan. Taas ayaa kor u qaadeysa qatarta inaad dhacdo cuduraduna sahal kuugu dhacan Cun cunto borotiinku ku badan yahay. Tusaale ahaan weydiiso in rootiga wax badn lagu saaro iyo ukun quraacdi. Isticmaal cuntada caanaha laga sameeyo oo weydiio subag dheeri ah ee rootiga. Badi xiliyada aad wax cunto oo ha ilaabin cuntada casiryada. Diseer iyo keeg ayaa tamar badan ku siinaya.



Rog



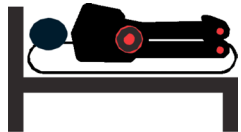
Ka hor tag shilka dhicitaanka

Isticmaal kobo sugan oo cagta la e gama iskaalsho silbashada kaa dhowra. Weydii shaqaalaha iney ku caawiyaan haddii aad dareento dawakhsanaan ama wareer markaad istaageyso ama socoto. Haddii sahal u dawakhdo, sariirta dhinaceeda ku fariiso wax yar, cagaha dhulka dhig oo biyo yar cab intaadan istaagin.



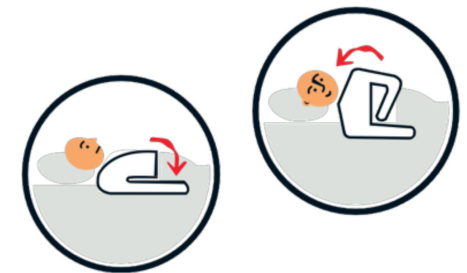
Ka hortagga xinjorowga dhiigga

Badi dhaq dhaqaaqa intaad karto. Isticmaal iskaalsho caawin haddii aad heysato. Isku day sameynta tababar sahlan ee lugahay canqowga. Cabitaan cab marka shaqaaluhu kugula taliyo.



Ka hortagga nabarka cadaadiska

Haddii aad awoodo, isku day inaad ku dhaq dhaqaaqdo sariirta oo aad bedesho sidaad u jiipto. Xataa isbedel yar waa faa'iido weyn. Sheeg haddii aad si qalada u jiipto ama xanuun ku hayo, sida cirbaha. Shaqaalaha ayaa kaa caawinaya iney ku gediyaan sariirta ama kursiga aad ku fadhido.



Markaad ka baxeyso cisbitaalka

Intaadan ka bixin cisbitaalka waa inaad heshaa:

- Warbixinta dawo iyo daryeel
- Ogaataa ciddaad kala xiriireyso su'aalahaada
- Warbixinta dib ula socodka daryeelkaada iyo daweyntaada.

