

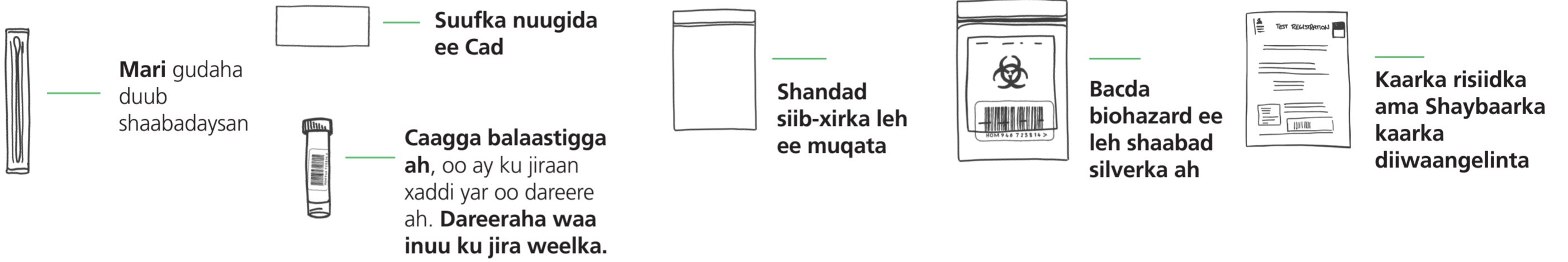
Qaado marinta muunada

Hagid tallaabo-tallaabo ah

1 Gasho galoofyadaada, ama isticmaal gacmo-nadiifiye si aad gacmahaaga u nadiifiso. Tani waa si aadan u sunaynin qalabka baaritaanka.



2 Hubi waxyaabaha kujira xirmadaada.



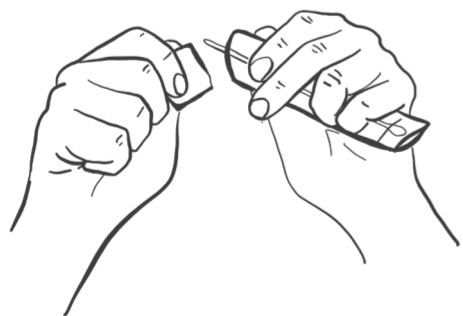
3 Si tartiib ah sankaa ugu Siimi masar.
Ku tuur masarka qashinka cafimaadka ee la bixiyay.
Tani waa si aad uga takhalusto duufka xad-dhaafka ah.



4 Fiiri gudaha afkaaga, oo ka soo hel qanjirka dhabarka dambe ee hunguriga. Waxaad u isticmaali kartaa muraayadda si ay ku caawiso.
Qanjirahaaga ama meeshii ay ahaan lahaayeen (haddii laga saaro) waa halkaad mari doonto saamballadaada.



5 Fur xirmada oo si tartiib ah u saar mariska. Tan waxaa loo isticmaali doonaa qumbaha iyo sankaa labadaba.



Muhiim

Ha ku taaban carrabkaaga, ilkahaaga, dhabannadaada, cirridkaaga, ama wax kale oo ah dusha sare ee xuubka mariska ah.

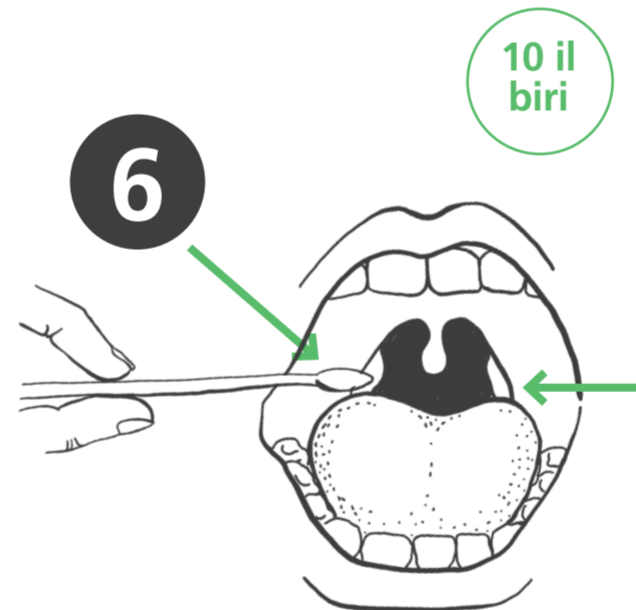
Marinto waa mid aan shaqeynaynin haddii ay taabato qeybahaas, waxaadna u baahan doontaa inaad hesho marin cusub. Haddii ay taasi dhacdo weydii xubin shaqaalaha ka mid ah si aad u hesho caawimaad.

U isticmaal is-maris isku mid ah qumbaha iyo sankaa.

Tani waxay sababi kartaa gariir iyo cilado yar, laakiin waa inaysan keenin.

Ma u baahan tahay caawimaad?

Haddii aad qabtid wax su'aalo ah ama dhibaatooyin ah oo ku saabsan xirmadaan baaritaanka, fadlan u sheeg xubin shaqaalaha ka mid ah.



Adiga oo ku haya gacanta mariska, fur afkaaga si balaaran oo ku xoq caarada suufka labada qumbee (ama halka ay joogi lahayeen) dhabarka hungurigaaga, muddo **10 il biriqsi** ah (isticmaal muraayadda madoow gaariga si ay ku caawiso).

Si taxaddar leh uga saar caagga mariska xagga dambe ee cunahaaga.



Si tartiib ah isla dhinaca dhamaadka mariska si tartiib ah u geli hal sanbadh ilaa aad dareento iska caabin yar (qiyaastii 2.5cm gudaha sankaa).

Wareeji suufka illaa **10-15 il biriqsi** oo tartiib tartiib uga saar.

Waxaad u baahan tahay oo keliya inaad muunad ka soo saarto hal sanbadh. Haddii aad leedahay sandaloolin isticmaal sanbadhka kale.

Muhiim

Is marisko wuxuu keeni kara dareen raaxo daro ah. Ha gelinin marinka wax qoto dheer haddii aad dareento iska caabin adag ama xanuun.

Haddii uu jiro dhiig ama matag muunadda sunta, fadlan ogeysii xubin shaqaalaha ka mid ah.

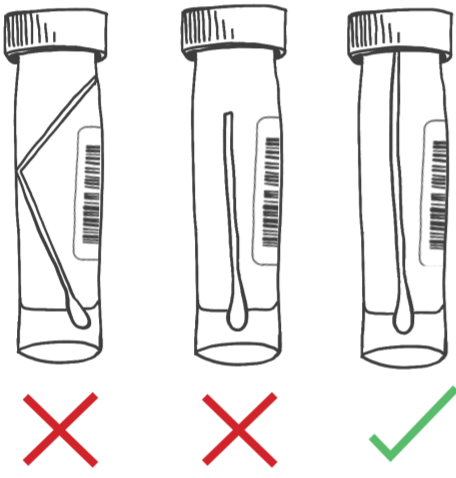
Xir xirmadaada

Hagid tallaabo-tallaabo ah

8



Hubso in caarada dharka ay hoos u jeedsanayso inta aad ku ridanayso fiyaalaha.
Dheji dhinaca kale ee wareegga, si ay ugu dhacdo gudaha fallaarta iyada oo aan laabmin.
Si adag ugu xir daboolka fallaarta.

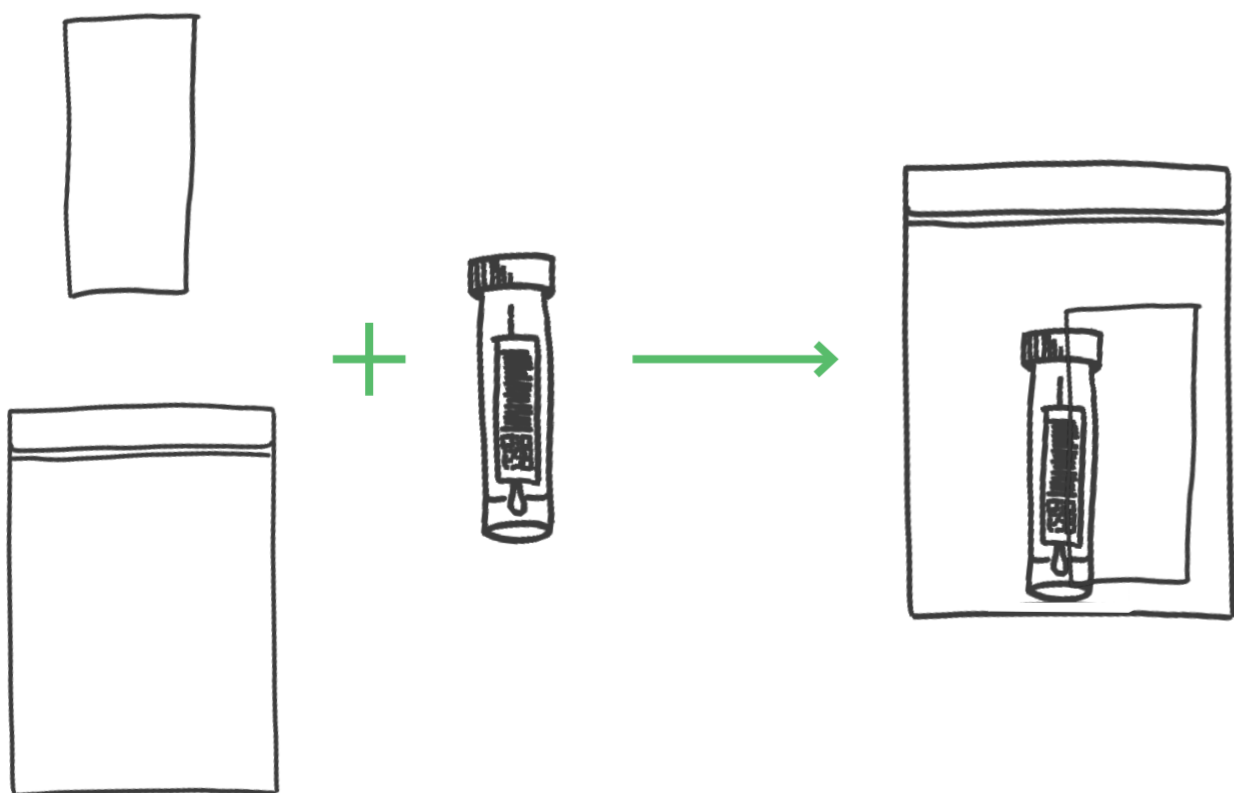


Muhiim

Si adag u xir daboolka si aan wax dareeri u daadan. Waxaa laga yaabaa inaad ubaahantahay inaad cadaadis saarto si daboolka aad ugu xirto.

9

- Marka ugu horeysa suufka wax nuuga geli boorsada siib-xirka leh
- Ka dib fiyaashka ku dheji suufka wax nuugaa isla bacda

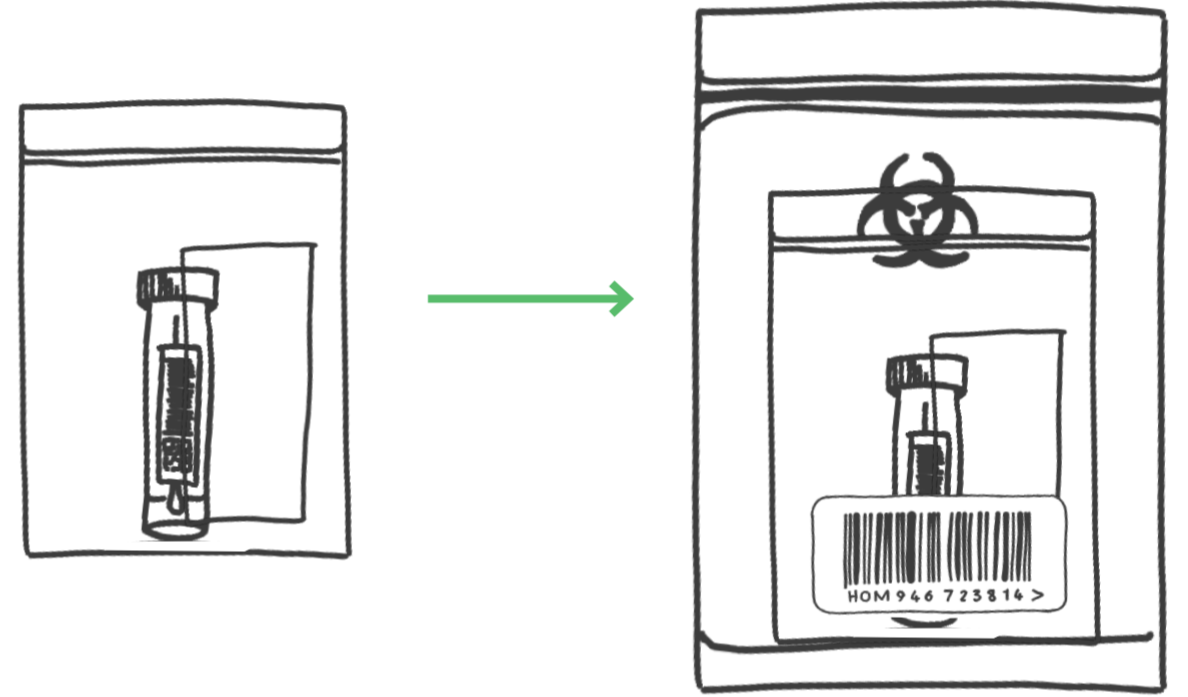


10

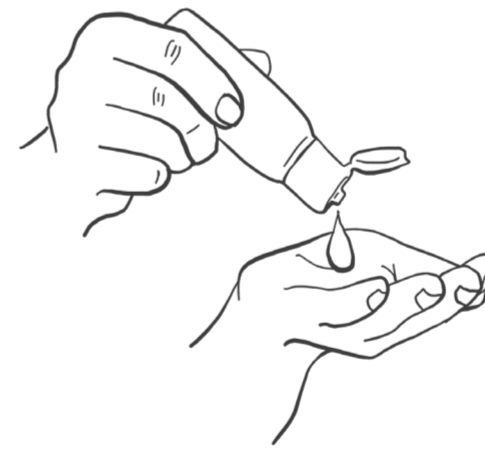
Bacda siib-xirka leh ku rid boorsada biohazard

Ha xirin boorsada wayn ee biohazardka

Waxaad ubaahantahay in qalabkaaga u baaro quf shaqaalaha ka mid ka hor intaanad xirin.

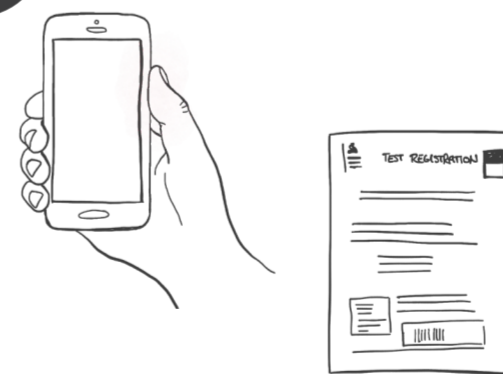


11



Haddii aad xiran tahay galoofyada, hadda waad iska bixin kartaa, oo tuur ku tuur qashinka cafimaadka ee la bixiyay. Hadi kale, isticmaal gacmo-nadiifiye si aad gacmahaaga u nadiifiso.

12



Diiwaan geli xirmada baaritaankaaga

Haddii aad heshay **Kaarka diiwaangelinta baaritaanka**, raac tilmaamaha kaarka ku yaal.

Haddii aad heshay **Kaarka rasiidka baaritaanka**, fadlan la hadal kaaliyaha shaybaarka.

13

Xiro daboolka wejigaaga

Hubso in wajigaagu uu daboolan yahay ka hor intaanad u sheegin xubin ka mid ah shaqaalaha. Waxay eegi doonaan xirmada baaristaada, oo kuu sheegi doonaan waxa ku xiga ee la sameeyo.

Waxaad diyaar u tahay inaad dhiibto qalabka munada baaritaankaaga. Fadlan Ogeysi xubin ka mid ah Shaqaalaha.