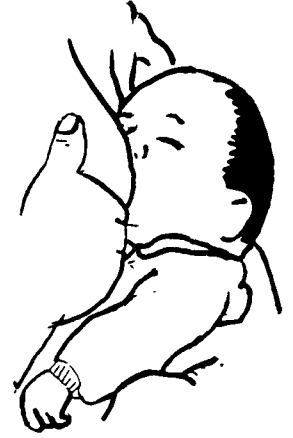


# Markuu Naasku Irmaan Yahay

## Waa maxay?

- Waxaa dhici karta labada toddobaad ee ugu horreeya in naask irmaan uu leeyahay xanuun aad u badan.
- Marka la taabto naaska waxaad dareemeysaa in uu adag yahay uuna qandiirran yahay.
- Irmaanaantu waxay timaaddaa marka ay naaska caano aad u badani ka buuxaan iyo marka biyaha ku jira jirkaagu ay ku soo uruuraan naaskaaga.



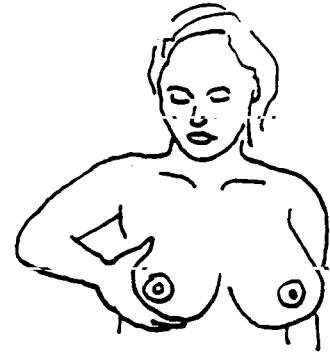
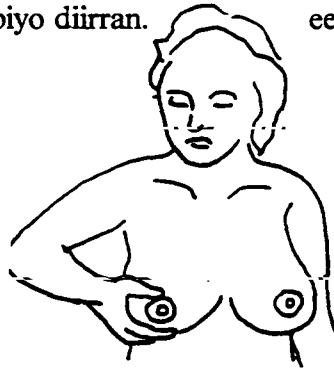
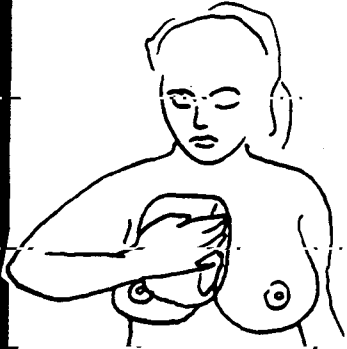
## Sidee naaska godalka looga joojin karaa?

- Sida ugu dhaqsaha badan ilmaha naaska ugu dhig marka aad dhasho, ka-dibna sii labadii saacadoodba mar.
- marka uu ilmuhaagu naaska nuugahayo, eeg haddii uu afkiisa ku hayo ibdta naaska.
- Ilmaha marba dhinac u seexi marka aad naaska u dhigayso.

## Maxaan samayn kaaraa?

Waxaad u baahan tahay in aad naaskaaga jilciso. Wxaadna samayn kartaa:

- 1) Waxaad naaska saartaa 10 ilaa 15 daqiiqadood maro ama tuwaal aad ku qoysey biyo diirran. Sidoo kale ku qubeysyo biyo diirran.
- 2) Si naxariis leh ugu salaax naaskaaga faraha fooddoda, adigoo ka bilaabaya dhinaca kilkisha ilaa barta madow ee ibta.



- 3) Si naxariis leh u tuuji naaskaaga adigoo isticmaalya suulka iyo farta ku xigta, tuujintana kor ka billow adigoo ku geynaya barta madow ee ibta. Si naxariis leh naaska u cadaadi, adigoo u riixaya gadaal dhinaca feeraha, haddana u horey u soo riix ilaa naasku uu caano ka keeno. Taasi waxay kaalmaynaysaa in uu ilmuhu caanaha ka qaato ibta.

- 4) Saacad iyo bar ilaa labadiiba mar ilmaha u dhig naaska. Haddii habkaan kala duwani ay kuu shaqayn waayaan, sida ugu dhakhso badan u weydiiso kaalmo gargaarta-da caafimaadka, bukansocodka nuujinta, la taliyeyaasha nuujinta, umulisadaada, ama takhtarkaaga.

