

# Waxyaabaha loo qaadanayo isbitaalka

## Alaabta nadaafada qofka

### Hooyada

- saqaf, buraash, lastiigga timaha dheer lagu xirto
- dufanka jirka ama saliid
- suufka haweenka
- jircarfiye iyo saabuun
- daawada iyo buraashka ilkaha, iyo xaashida afka
- bootarka lays mariyo marka la qubeysto

## Lebiska

- qamiiska qubeyska iyo kabaha guriga
- qamiisyada lagu seexo ee la xirto dhalmada ka dib
- kaalsooyin cudbi ah
- kesheliga loogu talagalay umulaha iyo cudbiga lagu cufo
- lebis looga baxo isbitaalka

## Waxyaabaha kaa caawimi kara foosha

- barkin, saacad, dufanka faruuryaha la mariyo ama jeel
- meel aad indhaha ku hayso (shay ama masawir aad fiirsato inta nabarku ku hayo)

## Alaab kale:

- qalin, waraaqo, wargeys ama buug
- liis lambarrada telefoonada aad u baahan tahay, lacag aad isaga bixiso telefoonka lacagta ah
- cunto khafiif ah sida sharaab, yoogurt, buskud, khudrsadda macaan iyo tan cagaarka ah, lows, iyo khudradda macaan ee la qallajiyey
- kaamerada wax lagu masawiro
- muusik
- muraayadaha indhaha

### Ilmaha

- daaybarro
- lebis isku-joog ah oo looga saaro isbitaalka
- kursiga carruurta gaariga lagula xiro oo aamin ah

Ka hubso isbitaalkaaga wixii kaloo add u baahan tahay inaad soo qaadato.

