Daadka iyo walaaca daadka

Hadda weeyaan qeexidda halista daadka ee jiidaadu. Haddii aanad hubin inaad ku nooshahay meel daad ka soo rogmado, la xidhiidh dawladda hoose oo soo ogow. Haddii aad taalo meel daad maro, tixgeli inaad iibsato caymiska daadka.

Marka la bixiyo **fiirinta daadka**, u rar qalbka guriga iyo wixii qiimo leh meel sare. Isu-diyaari qaxitaan suuragala.

Marka la bixiyo **digniinta daadka**, ka dhagayso raadiyaha ama TV-ga wixii macluumaad iyo awaamiir ah.

Marka la bixiyo **digniinta walaaca daadka**, u guur dhul ka sareeya webiyada, dooxyada, biyaha qulqulaya ee rogmanaya.

Baabuur ha ku marin meelaha la xidhay. Haddii baabuurku kaaga caddilmo meel biyo sare socdaan, ka tag oo feel dhul sare.

Marka ay jirti digniinta walaaca daadku baabuur ha ku marin meelaha la xidhay,

ama ha isku dayin inaad marto dariiqyada biyuhu qariyeen.

Yaraysiga gunta biyuhu waxay noqon kartaa qalad ba’an.

Public Health
Prevent, Promote, Protect
Fargo Cass Public Health

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