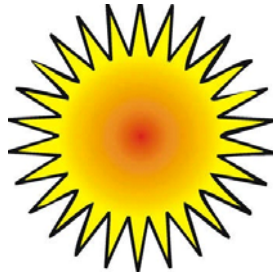


Hanfiga kulaylaha

Halista inagu wajahan wakhtiyada heer-kulku sarreeyo waxa ka mida:



Qabqabashada kulaylaha: Waxa jira muruq xanuun iyo majiir ka yimaadda cadaadiska culus. Waxa jira calaamada hore oo lagu garto inuu jidhku dhabsanayo kulaylka.

Daalka kulaylka: Tani waxay dhacdaa marka dadku ku jimicsadaan ama shaqeeyaan meel kulul oo fuuqa jidhku ku baxo dhidid badan.



Dhiiga taga maqaarka ayaa kordha, oo keena inuu dhiigu ka yaraado meelaha halbawlayaasha. Taas ayaa keenta dawakhaad. Haddii aan la awayn, dhibanuhu waxa ku dhici kara jug kulaylku keeno.



Jugta kulaylka (milicda): Jugta kulaylku waa u halis nafta.

Dhibanaha nidamka xakamaynta heer-kulkiisa, oo keenta dhididka si uu jidhka u qaboojiyo, ayaa joojisa shaqada.

Markaas heer-kulka jidhka ayaa kor u kaca oo dhimasho keena haddii aan jidhka isla markiiba la qaboojin.

Haddii hanfi la saadaaliyo ama dhaco...

-Is-deji. Iska-ilaali waxqabadka culus.



-Gudaha ku jir inta ugu badan ee suuragala.

-Xidho dhar khafiifa oo midab khafiifa leh.



-Cab biyo badan si joogto ah markasta.

-Cun cunto yar marar badan.



-Iska-ilaali qaadashada kiniinka milixda laeh haddii aanu takhtar kugu amrin.

Daalka kulaylku wuxuu keeni karaa dawakhaad keenta jug kulayl, oo xaalad nafta halis gelin karta.

Xusuuso: Cab biyo badan marka hanfiga kulaylku socdo oo wax yar cun marar badan.



Public Health
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