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Waad kuftay adigoo ku dhex jira jimicsigaaga
waxaadna waxyeelaysa jilibkaaga.

**Maxaad samayn haddii aad iska
waxyeelaysay isgaliska jilibkaaga ama
anqawga?**



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- Kor u qaad addinka.
- Cadaadi aagga dhaawacmay.
- Wax qabaw saar meesha dhaawaca ah illaa 20 daqiiqo, laakiin toos ha u saarin maqaarka.
- Maro ku duu-duub meesha dhaawaca ah si aadu taageeerto isgaliska.
- Ku sii wad daaweynta qabawga ah illaa 24 saacadood, saacad kasta ama laba.
- Haddii isgalisku booskiisii ka dhaqaaqay ama aad qabto shaki ah inuu jabay, drbadiiba raadso daaweyn caafimaad.
- Haddii meesha dhaawaca ah ay wali dhaawacan tahay kaddib gargaarka koobaad, waxay waxyeelli doontaa lugta. Haddii nabarka madaw uu wayn yahay, ama isgaliska uuna u shaqaynin si caadi ah, raadso daaweyn caafimaad.