

Booqashada daryelka caafimaadka: waxaad u soo qaadanayo ballantaada iyo halka aad tagayso



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BALLANTA XIGTA EE DHAKHTARKA

Taariikhda: _____ Waqtiga: _____

Cinwaanka: _____

Lambar Taleefan: _____

Wakaalada Dib-u-dejinta: _____

Maareeyaha Kiiska: _____

Lambar Taleefan: _____



Xiriirka Gaadiidka:

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Xiriirka Gaadiidka:

Ballantaada U soo qaado

Daawooyinka



Kaarka Tallaalka/ Buugga Buluugga ah



Warbixin Caafimaad ee Dibadeed (Haddii aad hayso)

Kaarka Caymiska



Kaarka Aqoonsiga



Mas'uuliyadahayga

- ✓ Aad dhammaan ballamaha
- ✓ Imow 15 daqiigo kahor waqtiga ballanta
- ✓ Jooji (buri) ballamaha 24 saac kahor, haddii aadan tagi karin
- ✓ Kaydi dhammaan warbixinnaada caafimaadka
- ✓ U yeero Taksi 3 maalmood kahor



Xuquuqahayga

- ✓ Tarjumaad



- ✓ Codso dhakhtar lab ama dheddig ah



- ✓ Asturnaanta iyo Qarsoodiga



- ✓ SU'AALO WEYDIIN

Wac 911



Qofbaa miyir daboolmay.



Qof ayaa qalalaya



Xabadka ama wadnaha ayaa ku xanuuunaya. Gacantaada bidix way kabuubantahay. Ma neefsan kartid.

Daryeelka degdega ah



Qandho ayaad qabtaa 2 maal mood ama ka badan.



Laf baa ku jabtay.



Waxaad isku aragtay dhag ama madax xanuu aad u xun maalmo badan.

Ballanta Dhakhtarka



Waxaad dareemeysa murugo iyo rajo la'aan maalmo badan.



Waxaad dareemeysa lallabo maalmo badan.



Waxaad kugu soo baxay finan yaryar oo aan kaa baaba'ayn.

Iskaa ula tacaal



San dareer ama hargab ayaad qabtaa.



Waxaa ku haya madax xanuun yar.
Xalka: Qaado xanuun baabi'iye.



Waxaa ku soo gaaray jar yar.
Xalka: Saar Faashad yar.

Dhacdooyinka Caafimaadka Ingiriisiga

Dhakhtark

Magaca: _____
Cinwaanka: _____

Lambar Taleefan: _____

Isbitalka ugu dhaw halka aan ku noolahay...

Magaca: _____

Cinwaanka: _____

Daryeelka Degdega ah ee ugu dhow

Magaca: _____

Cinwaanka: _____