

Naqaska oo
Qofka Haya

Qarqaryo

Daal

Dhidid
Habeenkii

Dhiig
Qufivid

Xanuun
Laabta ah

Xummad

Qofka oo
Miisaan
Yaraada

Maya
Himmada
Cuntada

Qufac



KA FEKIR QAAXADA

Isla markaaba u gudbi loo-adeegayaasha leh astaamo sii socda oo ka
badan 2-3 toddobaad adeeg-bixiye Caafimaad.

Loo-adeegayaasha leh qaaxada faafaysa waa inayna joogin meelaha dadku joogaan.



DEPARTMENT
OF HEALTH

www.health.state.mn.us/tb

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