

Tallaabooyinka Dhaqidda Gacmaha

Tallaabooyin faahfaahsan oo lagu dhaqo gacmaha si looga hortago loona xakameeyo caabuqyada, looguna talagalay shaqaalaha safka hore ee daryeelka caafimaadka iyo goobaha kale. Waxay qaadataa 20 ilbiriqsi — Oo ah waqti aad u yar.

Gacmaha ku qoy biyo



1

Mari saabuun ku filan oo daboolaysa dhammaan gacmaha



2

Isku xoq calaactalaha gacmaha



3

Gacmaha kor iyo hoosba ka dhaq farahana is dhexgali, ka dibna gacanta kale sidaa ku samee



4

Isku xoq calaactalaha adigoo faraha dhexgalinaya



5

Faraha laab si aad cidiyaha ugu xoqdo calaactalaha



6

Suulka qabso oo si wareeg ah hore iyo gadaal ugu xoq, ka dibna ku celi suulka kale



7

Caarada faraha kor iyo hoos ugu xoq calaacasha, ka dibna ku celi gacanta kale



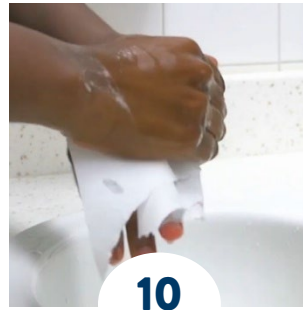
8

Gacmaha raaci biyo



9

Gacmaha si fiican ugu qalaji tuwaal/ shukumaan nadiif ah



10

Xir qababadda/tuubada biyaha adigoo adeegsanaya Tuwaalka/ shukumaanka



11

Haddii gacmaha aanay si muuqata u wasakhaysnayn, isticmaal isla tallaabooyinka 2 ilaa 8 adigoo adeegsanaya jeermis-dile gacmeed oo ka samaysan aalkolo.

