

# Mashruuca Caafimaadka ee Dhoola-Cadeynta

## Adiga iyo Ilkaha Ubadkaada



### *Miyaa taqaan?*

- Ilkaha caruurta si sahal ah ayey u halaabayaan maxaa yeelay wili way jilacsan yihiin.
- Gudadka ilkaha waxaa keeno jeermi. Cuntada iyo cabitaanka leh sokorta waxay cawinaan koritaanka jeermiga.
- Hooyooyinka way gudbi karaan jeermiyadda:
  - La wadaaga qalabka wax lagu cunno– koobabka, fiijaanada iyo qaadooyinka
  - Dhadhamiska cuntadda ubadka
  - Lala wadaago cadayga ama rumayga
- Waxay u badan tahay in oo ubadkaada ku dhici karto jeermiyadda goorta ay ilkaha u soo baxaano (12-30 bilood).

### *Maxaa u sameeyn kartaa adiga?*

- Nadiifi maalin kastaba ilkaha ubadkaada.
- Haka soo bixin cuntadda afkaada ka dibna ha galin cuntadda afka ubadkaada..
- Caafimaadka ilkahaada u qaado mid aad u muhiim ah si aad u yareeso jeermiga afka. Ubadkaada ha u arko ADIGA in aad daryeelayso ilkahaada.



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