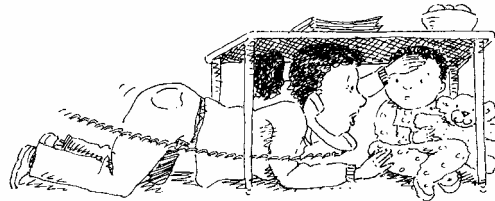


Mashruuca Caafimaadka ee Dhoola-Cadeynta

Guud-marka Caafimaadka Afka



- Nadiifi ciridka ubadkaada maalin kastaba adigo ku dhaqaayo maro qooyan oo nadiif ah. Ilkaha ku nadiifi caday jilcan. Daawadda-cadayga uma baahno muddada sanadka koowaad.
- Sida aad u nadiifi laheed afka ubadkaada, madaxa dhabta saar adigoo wijiga kor u soo jeediyo si labadaada gacan afka ugu nadiifiso.
- Ilkaha ugu horeeyo ubadkaada waxay soo baxayaan marka oo jiro lix bilood. Afka u gali in oo calaliyo si nabadgalyo ah ashyaadda ilkaha soo saarto oo adag, si ay u kaalmeysa soo bixitaanka ilkaha.
- Ubadkaada afka ha u galin goorta oo hordaaayo dhaladda cuntadda, caanaha, cabitaanka ilaa mooye biyo cad oo la milin ama biyo saafi ah.
- Ubadkaada ku bilaaw in aad ku siiso koobabka casiirka, cuntadda ama biyaha marka oo jiro todobo bilood.
- Mararka qaarkood jeegareey ilkaha ubadkaada. Kana fiiri dhibco cadaan ah ku yaalaan ilkaha ama isbadel ciridka ah.
- Haddii ku nooshahay deegaan aan laheyn foloriid, weydii foloriid takhtarkaada ama takhtarka ilkaha.



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