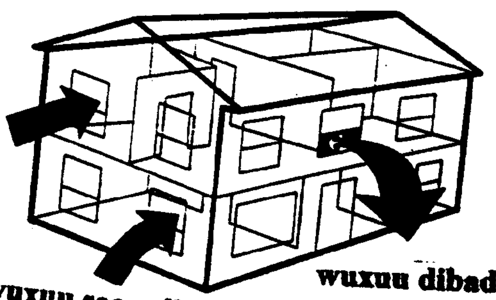
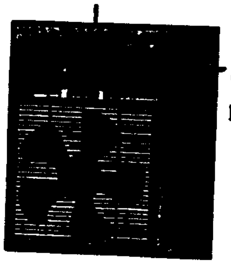
Hawo-siin ku engeji gurigaaga

Mushkilada: Marka alwaax uu biyaha quuso wuxuu nuugaa biyo badan. Taasi waxay sababtaa caariyeysi ku dhasha, cayayaan abuurma iyo alwaaxa oo bolola.

Intee bay qaadankartaa si uu ku qalalo? Waxay qaadankartaa todobaad si alwaax qoyani uu ku qalalo. Waqtiga qallalidu wuu is-beddelaa, isagoo ku xiran inta biyaha ku jira ay le,egyihiin iyo xaaladaha qallajintu hadba sida ay yihiin.





dhig darishadda ama albaabka marwaxad ku jeeda dibadda awdna meelaha kale oo daloolada leh

Sidee baan hawo-siin alaabo ugu qallajin karaa?
Hawo-siintu badanaa waa habka ugu wanaagsan ee wax lagu qallajiyo, waxayna saarikartaa dhowr galan oo biyo ah maalintiiba.
U samee irrid iyo dalool kale oo hawadu ka baxdo si loo helo hawo-siin isweydaar ah. Dhig marwaxad darishadda ama irrida, midna ka soo jeedi dibadda. Ku xir meel alaale meshii kale oo furan kartoono, bleywood, ama bustooyin si marwaxaddu u dhaliso hawo qalalan. U isticmaal marwaxado si ay hawadu ugu dulwareegton meelaha qoyan. Ku jeedi marwaxadaha luuqyada iyo meelaha qarsoon.

Kul. Kulku wuxuu kordhiyaa awooda qoyaan-haysashada hawada. Isticmaal kul-dhaliyehaaga ama kul-dhaliye aad u weyn si uu hawada u diiriyo. Kul-dhaliye aad u baaxad yar wax tarkiisu waa yaryahay.
Hadii alwaxu sii qalalaba waxaa suurogal noqonkarta in gurigu uu kulayl ku helo mudo saacado yar ah, kadibna samee hawo-siin cusub, si hawadii qoyaneyd aad ugu bedeshid mid qalalan.

Hawo-saarayaal. Hawo-sare waxaa la isticmaali karaa marka hawada dibaddu ay qoyatahay (uumi-biyood). Hawo-saarayaashu badanaa waxay si fiican ugu shaqeeyaan hawooyinka diiran. Marka qiyaasta heer-kulku yahay boqolkiiba 80 iyo 60 kolka loo eego qoyanka hawada, hawo-saarayaasha badidood waxay saaraan 1-2 pints (waa cabbir loo isticmaalo alaabta qalalan oo ah 1/8 ee galanka) o ah biyo saacaddiiba.

Kolka alaab la iska tuuri karo. Alaabta qaarkood inaba suurogal ma aha in si habo-on loo nadiifiyo. Hadii shay uu si xun u uro ama uu caariyaysto, iska tuur.

County commissions, North Dakota State University and U.S. Department of Agriculture cooperating. NDSU does not discriminate in its programs and activities on the basis of age, color, gender expression/identity, genetic information, marital status, national origin, participation in lawful off-campus activity, physical or mental disability, pregnancy, public assistance status, race, religion, sex, sexual orientation, spousal relationship to current employee, or veteran status, as applicable. Direct inquiries to Vice Provost for Title IX/ADA Coordinator, Old Main 201, NDSU Main Campus, 701-231-7708, ndsu.eoaa@ndsu.edu. This publication will be made available in alternative formats for people with disabilities upon request, 701-231-7881.

For more information on this and other topics, see www.ndsu.edu/extension

County commissions, North Dakota State University and U.S. Department of Agriculture cooperating. NDSU does not discriminate in its programs and activities on the basis of age, color, gender expression/identity, genetic information, marital status, national origin, participation in lawful off-campus activity, physical or mental disability, pregnancy, public assistance status, race, religion, sex, sexual orientation, spousal relationship to current employee, or veteran status, as applicable. Direct inquiries to Vice Provost for Title IX/ADA Coordinator, Old Main 201, NDSU Main Campus, 701-231-7708, ndsu.eoaa@ndsu.edu. This publication will be made available in alternative formats for people with disabilities upon request, 701-231-7881.