

10 TALOOPYIN

Si nabadgalyo a' aad kaga faaiido xagaaga

1 Is talaala

Dadka intiisa badan haddii aay talaalan yihiin abni ayaan noqo naaynaa.

2 Had iyo jeer gacmaha maaydha.

Ku dhaqma nidaamyada kale ee nadaafada marka aad qufici ama hindhis.i

3 Waad jirantahay.

ayaa jira. Gurigaaga joog la daweyaha

4 Is jitaabi in aad qabto xanuunkals talaala.

Haddii aayadaan weli is talaalin. Qalabka la isku tijaabiya waxa aay yaalaan farmasiyada.

5 Hawada u fur laaydhina gudayaasha.

Si aad uga ilaaliso daruur wadata faayriska gudaha.

6 Ilaaliya kala durg

Kala durugsanaada 1 dadka oo dhan la t sida ugu wanaa

7 Kooxdiiina oo dhan waay talaalan yihiin ?

Markaas waad ka maarmi kartaan af daboolaha.

8 Door bida hawada dibada.

Leeyno dibada shaki kuma jiro.

9 Gudi ya

Idinka oo ku shira u 5 qof ayaa ka taxa idinka oo kont

10 Xataa marka aad safar tihiiin taxadirnaada.

Samaaysta warqada Koofidka ama Corona-app. halka aad ku sugantihiina wareeysta xa

