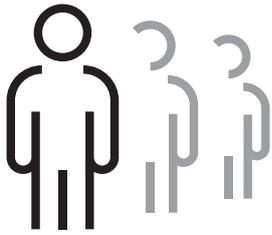


# Ka hortag caabuqqa

Fayraska cusub ee corona ee caadiga ah wuxuu si fudud ugu faafaa meelaha dad badani isugu yimaadaan, tusaale ahaan is-gacan qaadka iyo dhibcaha yaryar ee ka yimaada qufaca ama hindhisada. Naftaada ilaali adigoo raacaya tilmaamaha.



**Ilaali masaafadaada.  
Iska ilaalinta is gacan  
qaadka, xabad isa saarka  
iyo dhunkashada**



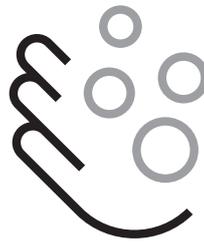
**Guriga joog oo is baadh  
haddii aad la kullanto  
astaamahan**



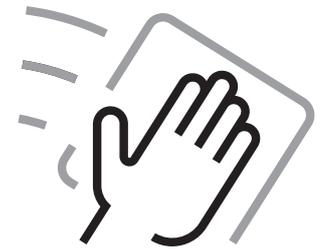
**Gurigaag si wanaagsan  
hawada ugu fur oo u  
hawee/ Iska ilaali dad  
badan oo iskugu  
imanaya gudaha**



**Ku qufac oo ku hindhis  
gacmaha shaatigaaga**



**Dhaq gacmahaaga  
badanaa ama isticmaal  
nadiifiyaha gacanta**



**Nadiifi gurigaaga inta  
badan, gaar ahaan  
oogooyinka ay dad  
badan taabtaan**