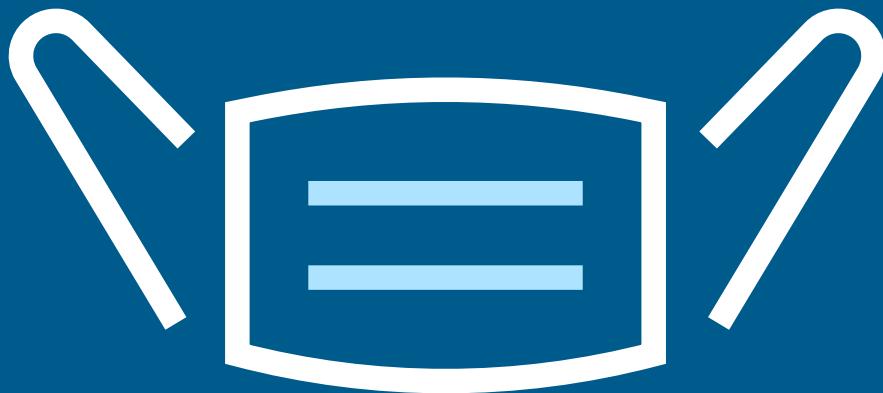




# Sida loo isticmaalo maaskaraha wajiga



1. **Kahor isticmaalka:** Dhaq gacmahaaga ama isticmaal nadifiyyaha gacmaha
2. Aqoonso dhinaca maskaraha ee ah xaga hore. Caadi ahaan waa dhinaca midabka leh
3. Lu dabool sinkaaga iyo afka maaskaraha wajiga oo ku adkee xaga dambe ee dhegahaaga
4. Hubso maaskaraha wajigu inuu u saarnaado si giijisan wajigaaga
5. Ha taaban maaskaraha wajiga muddada isticmaalka. Beddel iyada intabaden oo had iyo jeer xiro mid cusub haddii ay qoydo oo wasakhowdo
6. Si aad isaga saarto maaskaraha wajiga, qabso xadhkaha laastiiga ah ee dhagaha, oo ha taaban maaskaraha wajiga laftiisa
7. **Isticmaalka Kadib:** Dhaq gacmahaaga ama isticmaal nadifiyyaha gacmaha

*Dib waad isticmaali kartaa maaskaro wajiga haddii aad muddo kooban u xidhanayso oo keliya, tusaale ahaan haddii aad u baahantahay inaad aado musquusha adoo joogo maqaayad. Ku rid bac balaastiika ah ama jeebka gudhiisa. Markasta isticmaal gacmo nadiifiyyaha kahor iyo kadib isticmaalkaba.*