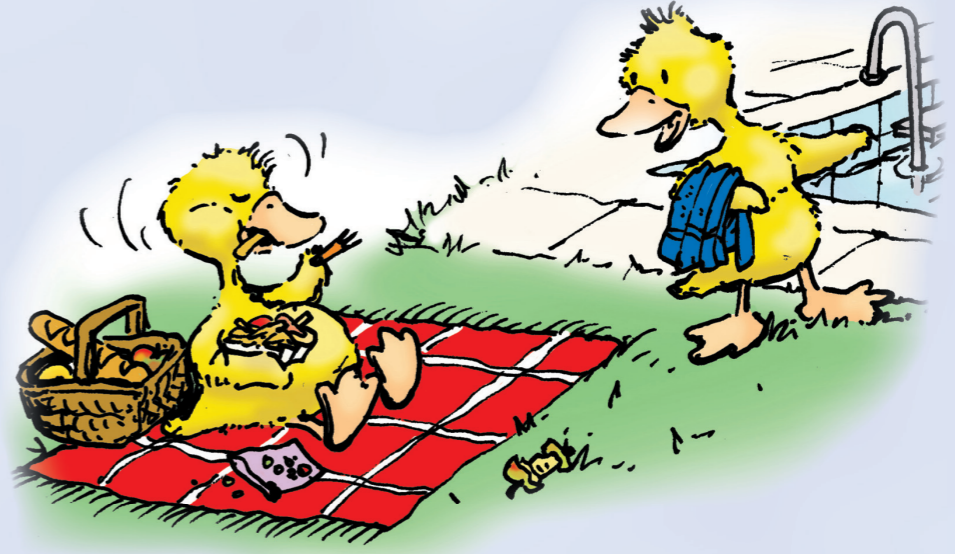


Qaynuunka Dabaasha

Dareenkaadu mar uu wanaagsan-yaha baa fiican in dabaal la aado.



Marnaba ha aadin dabaal hadii aad dheregsentahay ama gaa'jo ku heyso.



Hadii aadaan dabaal aqoon, istaag oo ha daafin xadka biyaha markii ay caloossh gaaraan.



Ha ku dabaalan meelaha doomanka iyo maraakiibta marayaan.



Marna ha u yeeran caawinaad, hadii aadan khatar ku jirin. Laakii hadii ruux caawinaad u baahdo kalmee.



Ogow oo haku xadgudbin kartidaada oo meel dheer aadan ka soo noqon karin ha u dabaalan.

Gugac markii uu yimaado waa khatar oo ha dabaalan. Si dhaqsi ahna uga tag meesh lagu dabaasho.

Biyaha lagu dabaalanayo ha wasakheyn. Qashinka iyo waxa la mid ah meelaha loogu tala galay ku rid.



Alaabta lagu dabaasho ha isku halleyn haddi aadan dabaal aqoon.



Markki aad rabtid in aad boodid, waa inaad habsataa inta dhirirka dhulka hoose iyo inta biya tiradooda la egyihiin.