

Sida loo isticmaalo af-daboolka marada ah

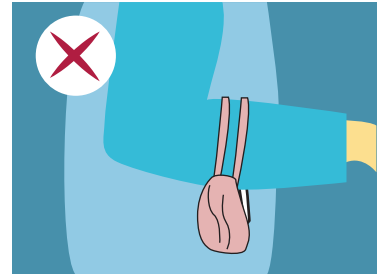
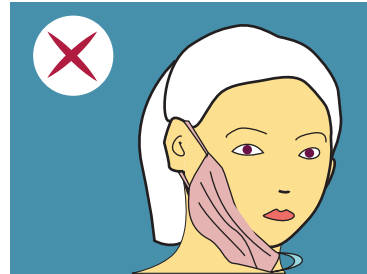
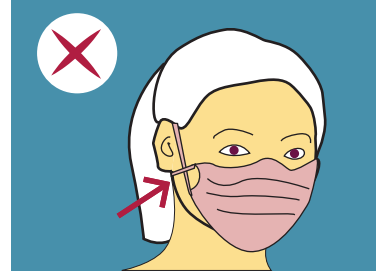
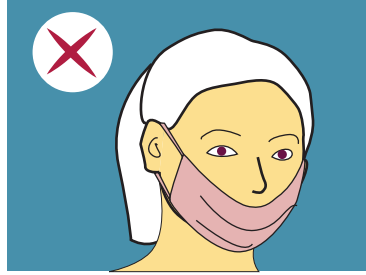
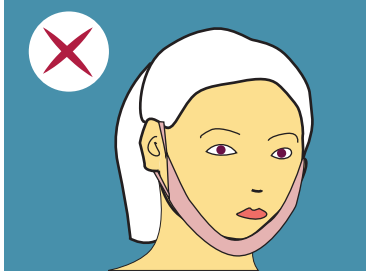


- Nadiifi gacmaha ka hor intaanad gashan af-daboolka marada ah
- Hubso in af-daboolka marada ah si wacan u haysto wejiga isla markaana uu si wacan ugu daboolanyahay sanko.



- U beddelo af-dabool nadiif ah haddii uu qoyey ama aad iska saartay si aad u cuntayso ama wax la mid ah
- Nadiifi gacmaha marka aad iska saarto af-daboolka marada ah.
- Af-daboolka marada ah ku rido bac xidhan ilaa iyo marka aad dhaqayso.
- Waa in af-daboolka marada ah lagu dhaqo 60 digirii kadib markasta oo la isticmaalo.

SIDAN MAAHA:

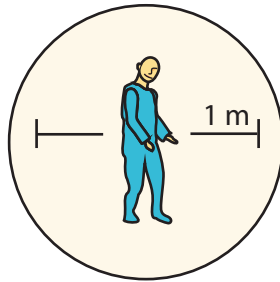


Sida af-daboolka caafimaadku u leeyahay nidaam hagaya, ma jiraan nidaamyo hagaya samaynta af-daboolka ka samaysan marada, isla markaana lama yaqaano awooda shaandhaynta (heerka ka ilaalinta).

Talooyin markasta lagu dhaqmayo, xataa haddii la isticmaalayo af-dabool/af-dabool maro ah:



Marar badan gacmaha u nadiifi si wacan



In wacan ka durug dadka kale



Guriga joog haddii aad xanuunsanayso



Dadka qaarkood ayaa doorta isticmaalka af-dabool, dad kalena ma isticmaali karaan af-dabool.