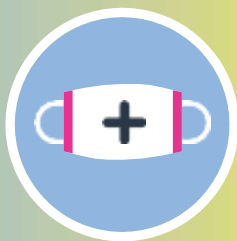




# FOOJIGNAAW



ku dhaqan sharciyaada kala foogaanshada bulshada

Cagmahaga dhaq

## Isticmaal afxir (maaskaro)

### Isticmaal maaskaro

#### Goorma

- had iyo jeer meelaha dadweynaha iyo kuwa gaarka loo leeyahay u furan dadweynaha;
- had iyo jeer tagsi, gaadiid dadweyne iyo kiro darawal;
- Meelo banaan haddii aysan macquul aheyn in la ilaaliyo fogaanta bulshada ugu yaraan 1 m.

#### Sida loo xiro

- Kahor intaadan taaban maaskaro, gacmahaaga ku dhaq saabuun iyo biyo ama aalkolo ah;
- Ka soo qaad dhinaca ila dhinaca oo xiro dabool sankaga iyo afkaaga si wanaagsan;
- intaad xiranayso , iska ilaali inaad taabato, laakiin haddii aad taabato, ku samee keliya dibada oo gacmahaaga dhaq.

#### Sida loo saaro

- Iska bixi kuna tuur meesha loogu talagaley;
  - isla markiiba gacmahaaga ku dhaq saabuun iyo biyo ama aalkolo;
  - Haddii aad tijaabisay xumada in ay jirta, keli ahaanta ama karantiil khasab ah, ku rid laba jawaan oo loogu talagaley (mid gudaha ah) kuna tuur meesha loogu talagaley;
- Ha uga tegin maaskaro deegaanka dhexdiisa.

*Caruurta ka yar dadooda 6, naafada iyo kuwa daryeela waa laga dhaafay isticmaalka maaskaro ee xushmeynta fogaanta ee dadka kale.*