

# Sidda looga hortagi karo isqaadsiinta



## Waraaqda wax lagu tiro/ tissue

ka hor mari afka iyo sanka si aad u difaacdid dadka  
kalle markii aad qufaceysid ama hindiseysid. Iska  
tuur waraaqda wax lagu tiro/ tissue markii aad  
isticmaashid. Kadibna iska dhaq gacmaha.



## Isticmaal xusulka laabkiisa

haddii aad qufaceysid ama hindiseysid,  
haddana aadan heysanin waraaqda wax  
lagu tiro/ tissue.



## Iska dhaq gacmaha

inta badan iyo si fiican, gaar ahaan haddii  
aad dibada jirtey oo aad bulshada ku dhex  
jirtey.



## Jeermis- dillida gacmaha

Gacmo- dhaqa alkaholka ku jiro waa mid kalle oo  
ku haboon haddii gacmo dhaq ey suurtogal kuu  
aheyn, tusaale ahaan markii aad socdaal ku jirtid.