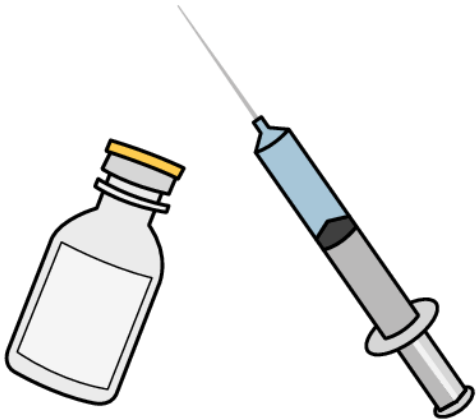
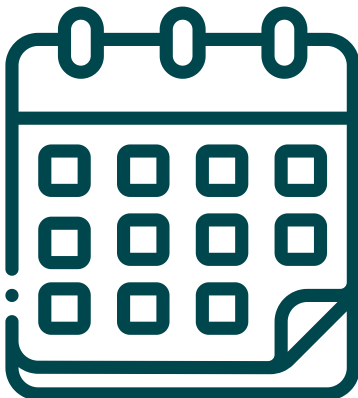


Waxaan rabaa inaan ka  
ilaaliyo naftayda iyo dadka  
igu xeeran inay  
xanuunsadaan.

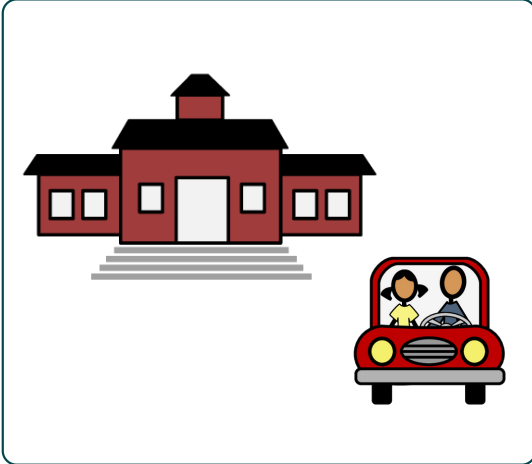


Tallaalku waa daawo dadka  
ka ilaalinaysa inay  
xanuunsadaan.

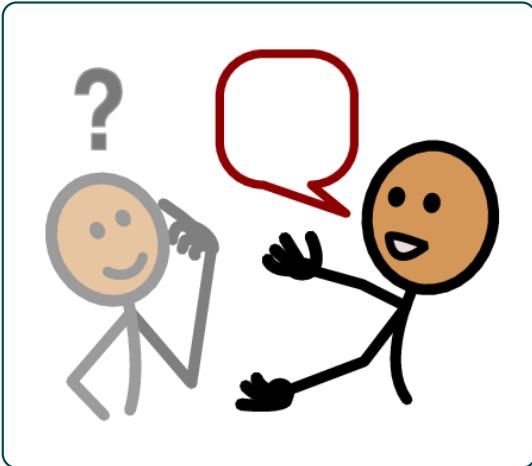


Mararka qaarkood waxaad u  
baahan tahay hal tallaalka  
sannadkii oo dhan, mararka  
qaarkood waxaad u baahan tahay  
wax ka badan iyadoo ku xiran  
tallaalka.

# Qaadashada Tallaalkayga



Waxaan tallaalka ka qaadan karaa farmashiye, dhakhtar, ama rug kasta.

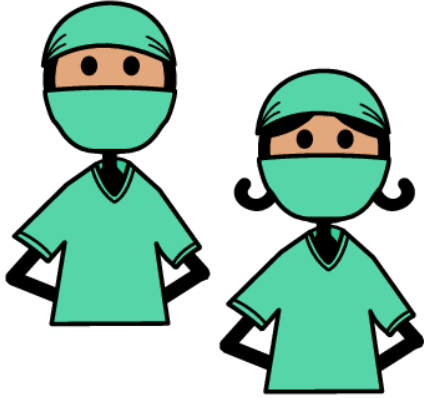


Waxaan geli doonaa gudaha dhismaha oo aan diiwaangelinaya anigoo siinaya magacayga, taariikhda dhalashada, oo ka jawaabaya su'aalaha uu i weyddiyo caawiyaha.



Qoyskayga waxay iga caawin karaan in aan isdiiwaangeliyo. Caawiye ayaa i tusi doona meesha aan aadaayo. Waxaan raaci doonaa caawiyaha iyo qoyskayga.

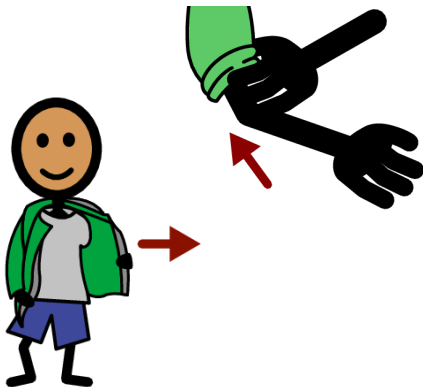
# Qaadashada Tallaalkayga



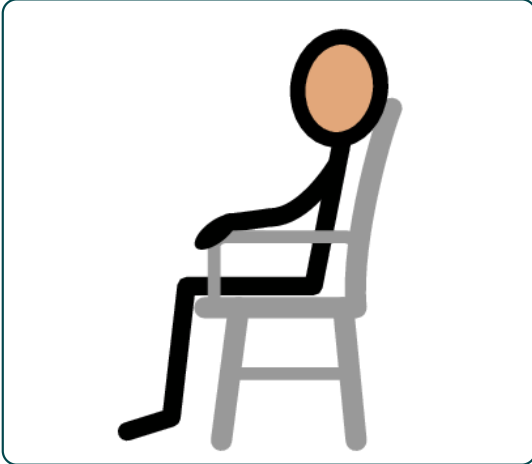
Caawiyeyaashu waxa laga yaabaa in ay ku labistaan isku-daysyada, galoofyada, iyo maaskarooyinka.



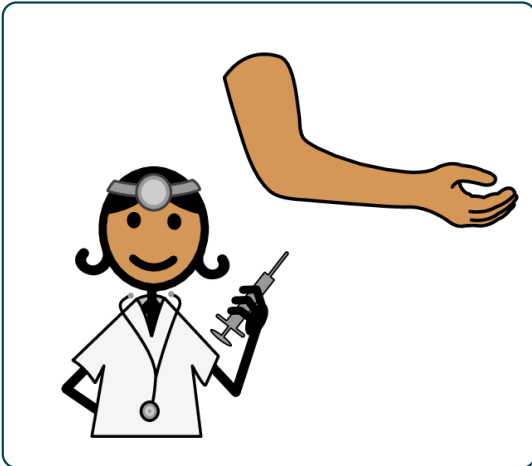
Inkasta oo aanan wajiyadooda arki karin, caawiyeyaashu aad ayay ugu faraxsan yihiin inay i arkaan.



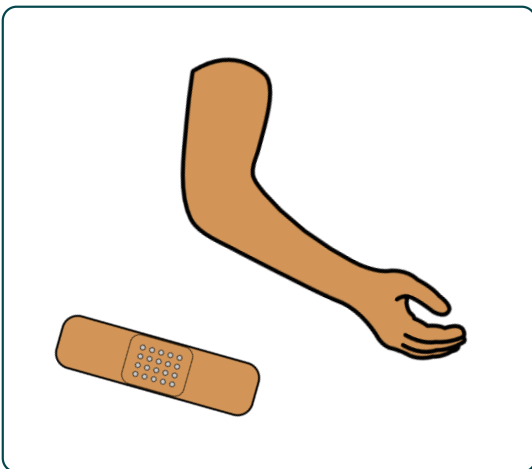
Gacanta ayaan kor u laabi doonaa ama waxaan iska bixin doonaa jaakadayda marka wakhtigayga la gaaro.



**Waxaan ku fariisan doonaa kursi. Waxaan isku-dayi doonaa inaan xasilnaado.**

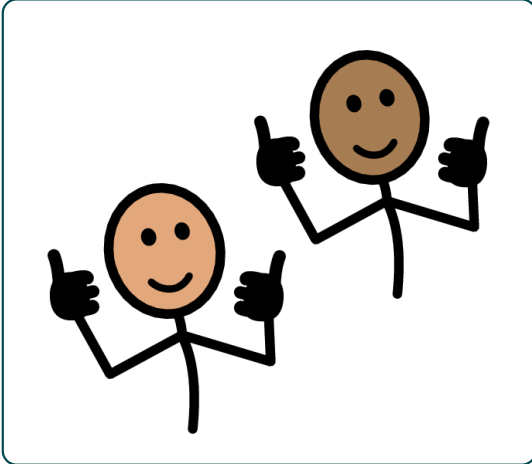


**Kalkaaliso ayaa irbada igu duri doonta. Waxaa laga yaabaa inaan dareemo qanjaruufo marka irbaddu gacantayda lagu mudo.**

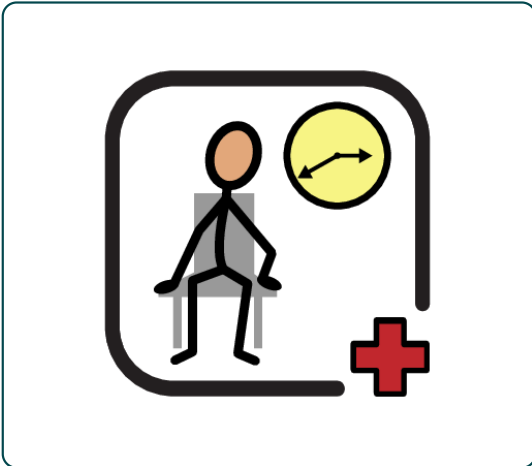


**Kalkaalisada ayaa gacanteyda sharooto saari doonta.**

# Qaadashada Tallaalkayga



Qoyskayga aad ayay ugu farxi doonaan inaan naftayda ka ilaalinayo inaan xanuunsado.



Waxaa laga yaabaa in la iga codsado inaan sugo 15 daqiiqo ka dib tallaalkayga. Waxaa laga yaabaa inaan awood u yeesho inaan baxo kadib irbadayda.



Waxaan sii wadi karaa inaan dhawro badqabka naftayda iyo dadka kaleba anigoo gacmahayga dhaqaya. Waan ku faanayaa naftayda inaan qaato tallaalka.

