

# Habraaca\* PLENVU®

Waa muhiim in aad tilmaamaha u raacdid si taxadir leh, maadaama loo baahan yahay inay mindhiciradaadu wada nadiif ahaadaan si dhakhtarka uu si fiican ugu arko gidaarka mindhicirada. Haddii aad u nugushahay calool-fadhi ama ay calooshu ku fadhiisato markaad raashinka bedelato, waxa lagaa dalban karaa inaad qaadato jilciye aad bilaa warqad dhakhtar kaga heleyso farmeesigaaga.

TAARIKHDA HOWLGALKA: \_\_\_\_\_

XILIGA AAN AFKA WAXBO LACA CUNAYNIN: \_\_\_\_\_

XILIGA LA IMAANAAYO: \_\_\_\_\_

MAGACA RUGTA: \_\_\_\_\_

TELEFOON: \_\_\_\_\_

## 3 MAALIN KAHOR BAARITAANKA MINDHICIRKU – HA CUNIN WAX LEH MAQAAR, MIRO, LOWSKA AMA BADAR

**WAAD CUNI KARTAA WAXYAALAHA SIDA:** Rooti cad (aan lahayn WAX miro ah), rooti abuukey/rooti Turkey, rootiga Ingiriiska, kanfalakis, xumbada bariiska, hilibka aan baruurta laheyn (sida ka idaha, weylaha ama hilibka doorada), kalluunka, miraha lafiiqay, qudaarta lafiiqay (ma ahan baytaraaf/badruun), baradhada la fiqay oo lashiiley, baradho shiidan, baradho duban/jibis, bariis cad, baastada (AAN lahayn miro) buskudka (AANAY miro kujirin sida, Sao ama Jatz), ukun, subagga xoolaha/ qudaarta, feegamayt, baromayt, burcad, labeeniyad, jallaato, shukulaato (ka fogow jallaatada lawsku ku jiro)

**HA CUNIN WAX LEH MAQAAR, MIRO, LAWSKA AMA FIRILEY SIDA:** Galley, digir, istarawbari, jaamka, rooti miro badan laga sameeyey, firileyda, basal, badarka miraha leh, badarka miraha badan la rasteeye, wax kasta oo laws ah ama laws ku jiro, tufaax maqaarkii, miraha biirka, geed-xeebeedka ama geedka biyaha leh (khudrada lafiiqay waa caadi), maramalaadiska oo maqaar leh, miraha liinta, cinabka, maqaarka yaanyada ama iniinyaheeda, yaanyada cadceedda lagu engejiyay, maqaarka kaabsikam, egbalaantiga, ama baradhada (qudaarta lafiiqay waa caadi), digiraha sida, digir-lawska ama digirta caadiga ah, suugo dareerta, sabiibka, bariiska bunniga ah, dhariga miraha leh, digirta laba miro leh, shaciir, digirta kala dhantaala, qumbaha, sisinta, gabbaldayaha ama iniinyaheeda, burcadka miraha ka sameysan, liilka cuntada lagu kordhiyo. Cuntooyinkani muddo ayay midhicirka ku sii jiri karaan.

## TILMAAMAHA GAARKA AH

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**MARKA LA WADO DAREERAHA CAD** dareeraha lagu ogol yahay ee lagu soo jeedinaayo waa: biyo, bun ama shaah madow (AAN lahayn wax caano ah ama caano farsameysan), maraq cad/maraq, cabitaan khafiif ah, cabitaanka isboortiga (sida midka Gatorade, Powerade), cabitaanka macaan, cabitaanka miraha la miiray oon lahayn wax qolof ah, cabitaanka tufaaxa oo nadiif ah, macmacaanka huruuda ama huruudda ah barafka waadaxa ah. Wax macmacaan ama cabitaan cas, soosari, cagaar ama buluug ah lama ogola (Balaagkaaran lama ogola).

## HOWLGALKA SUBAXDII

**Maalin ka hor inta aan lagu sameyn habraaca waxaad cuni karaysaa quraac fudud oo ay ku xigto qado fudud (WAX MAQAAR, MIRO, LAWSKA AMA FIRILEY AHI KU JIRIN). Waana in aad dhameysaa cunnitaanka cunnada ugu yaraan 3 saacdood kahor intaadan bilaabin qaadashada PLENVU®, intaas ka dib bilaw dareere cad oo kaliya.**

HUBSO IN AAD CABTO DAREERE CAD OO FARA BADAN INTA LAGU GUDI JIRO MAALINTA KA HOREYSA HAWSHAADA.OGOW: HA QAADAN daawo afka laga qaato 1 saac gudihii intaadan bilaabin PLENVU®

**QIYAASTA 1:** U diyaari qiyaasta 1 (1 guntin) sida ku xusun waraaqda ku jirta sanduuqa PLENVU®. Qaboojiso haddii aad dooneysid.

**Wagtiga** \_\_\_\_\_ (**maalin ka hor howgalka**) si tartiib ah u cab qiyaastaada kowaad ee PLENVU® oo raaci 500 ml oo dareere cad ah muddo 60 daqiiqadood. Waad isku beddeli kartaa PLENVU® iyo dareeraha cad.

**QIYAASTA 2:** U diyaari qiyaasta 2 (2 guntin) sida ku xusun waraaqda ku jirta sanduuqa PLENVU®. Qaboojiso haddii aad dooneysid.

**Wagtiga** \_\_\_\_\_ (**maalinta howgalka**) si tartiib ah u cab qiyaastaada labaad ee PLENVU® oo raaci 500 ml oo dareere cad ah muddo 60 daqiiqadood. Waad isku beddeli kartaa PLENVU® iyo dareeraha cad.

Waad sii wadi karaysaa cabitaanka dareere kala duduwan ee cad ilaa **XILIGA AFKA AADAN WAXBO KA QAADANEYNIN** \_\_\_\_\_

Ogow: Daawadan waxaa loo farsameeyey in ay kusiiso shuban biyo badan sidaa darteed waa in aad musqusha aadudhawaataa. **Kareem ama dufan wax kaa ilaaliya (lanolin, Faasliin, Am-o-liin) ayaa la marin karayaa agagaarka afka dabada intuuusan shubanka bilaaban.** Haddii uu shaki kaa gallo sida loo diyaariyo ama aad xaalad adag gasho ama dhib kale la kulanto, soo wac lambarka dhakhtarkaaga ama kalkaalisada ee lagu siiyay.

## HOWLGALKA GALABTII

**Maalin ka hor inta aan lagu sameyn habraaca waxaad cuni karaysaa quraac fudud oo ay ku xigto qado fudud iyo maraq caddaan ah iyo/ama yoogar nadiif ah oo aad casho ah (WAX MAQAAR, MIRO, LAWSKA AMA FIRILEY AHI KU JIRIN). Waana in aad dhameysaa cunnitaanka cashada 8-da fiidnimo, intaas ka dibna bilaw dareere cad oo kaliya.**

HUBSO IN AAD CABTO DAREERE CAD INTA LAGU GUDI JIRO MAALINTA KA HOREYSA HAWLGALKAAGA.OGOW: HA QAADAN daawo afka laga qaato 1 saac gudihii intaadan bilaabin PLENVU®.

**QIYAASTA 1:** U diyaari qiyaasta 1 (1 guntin) sida ku xusun waraaqda ku jirta sanduuqa PLENVU®. Qaboojiso haddii aad dooneysid.

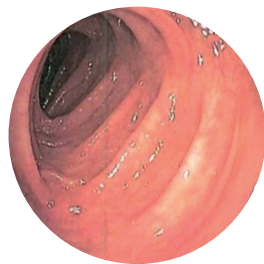
**Wagtiga** \_\_\_\_\_ (**maalinta howgalka**) si tartiib ah u cab qiyaastaada kowaad ee PLENVU® oo raaci 500 ml oo dareere cad ah muddo 60 daqiiqadood. Waad isku beddeli kartaa PLENVU® iyo dareeraha cad.

**QIYAASTA 2:** U diyaari qiyaasta 2 (2 guntin) sida ku xusun waraaqda ku jirta sanduuqa PLENVU®. Qaboojiso haddii aad dooneysid.

**Wagtiga** \_\_\_\_\_ (**maalinta howgalka**) si tartiib ah u cab qiyaastaada labaad ee PLENVU® oo raaci 500 ml oo dareere cad ah muddo 60 daqiiqadood. Waad isku beddeli kartaa PLENVU® iyo dareeraha cad.

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Diyaarin Wacan



Diyaarin Xun

Macluumaadkani wuxuu ku saleysan yahay Waraaqda Macluumaadka Bukaanka ee ku jirta sanduuqa PLENVU®.

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