

## Sida loo isticmaalo saliingada horey loo soo buuxiyey ee innohep®.

U fariiso, u istaaji ama u seexi boos aad ka arki kartid maqaarka aad rabtid inaad durtid. Tani si dhib-la'aan ah ayaa loogu sameyn karaa iyadoo la taaganyahay ama, haddii aad doorbidid, adigoo ku fadhiga kursi/fadhi ama sariir dusheed. nooca durista ee aad siin doontid waxaa loo yaqaanaa durista maqaarka-hoostiis. Dursita waxay gashaa fadhiga cadiinta ku geydaaman ee xundhurtaada, ama qeybta bannaanka ee bowdadaada, dhabarka hoose, ama gadaal qeybta sare ee gacanta. Ka ilaali qeybta kuusan ee calooshaada, meelaha baraha leh, meelaha maruubsan, ama meel goordhow la durey. HA durin muruqa ama xiddada dhiigga. Sida habboon waa inaad hal wakhti maalin kasta durtaa. Dhaq oo qalaji gacmahaaga oona nadiifi goobta durida.



1. Ka saar saliingada tuubada adigoo si buuxda u qaloocinaya gadaal daboolka midabka ee tuubada. (ka eeg saliingada wax dhaawac ama cillad ah).



2. Hoos uga qalooci aalada badqabka oranjiga si ka fog daboolka cawlan ee cirbada. Ka saar daboolka difaaca cirbada adigoo si toos ah u wareejinaya oona u jiidaya, iyadoon la qaloocin cirbada. Ka fagoow taabashada cirbada kiimakada lagu soo nadiifiyey. Looma baahna in laga saaro saliingada horey loo soo buuxiyey xumbada hawada ah.



3. Dooro aag la duro. Unuga baruurta ah ee xundhurta hoose ugu yaraan 5 cm ka fog qeybta caloosha kuusan ayaa ah aag caadi u ah durida. Haddii qeybtaan ay maruubsantahay ama aad qaliin martay ka eeg hoos aagaga durida ee kale.



4. Ku qabo saliingada gacantaada midig sida aad u qabsan laheyd qalin. Iyo gacantaada kale, laabis ka samee ama maqaarkaada adigoo si tartiib ah isugu qabanayo aaga aad rabtid inaad iska durtid. Si tartiib ah u dur kadiib kasoo siib cirbada ilaa kala bar oo tiri ilaa 10 kahor inta aadan si buuxda uga soo bixin cirbada.



5. Adigoo isticmaalaya sagxad adag, qalooci aalada badqabka oranjiga ah sifo ey haddeer u wajahdo isla jihada cirbada (kusoo celi booskeedi hore). Dabadeedna iyadoo aalada badqabka simman ku aadan sagxad adag sida miis, si tartiib ah hoos u riix ilaa ay cirbada kaga dhegto aalada.



6. HA u isticmaalin fartaada inaad ugu riixdid cirbada aalada badqabka.



7. Geli saliingada la isticmaaley baaldiga balaastiiga ah. Hoos u riix daboolka tuubada ilaa aad ka maqashid iney meel qabsatay. Si taxadar ah u tuur saliingada, sida uu kuu filmaamay xirfadlahaada daryeelka caafimaadka.



8. Beddel meesha aad marwalbo durtid oo ka fagow ugu yaraan 3 cm aaga durista ugu dambeysey ee innohep. Ka fagoow unugyada baraha leh iyo calaamadaha dhaawaca iyo aagaga maruubsan.



9. Aagaga durista kale ayaa ah, qeybaha bannaanka ee bowdada, dhabarka hoose ama gadaal qeybta sare ee gacanta. Farsamada waxay la mid tahay sida durista xundhurta.

10. Haddii aad qabtid wax su'aalo ama dhibaatooyin ah, lasoo xiriir dhaqtarkaaga ama kalkaalisadaada. Ha joojin daawada kahor inta aadan la xiriirin dhaqtarka.

