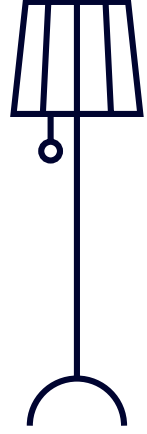
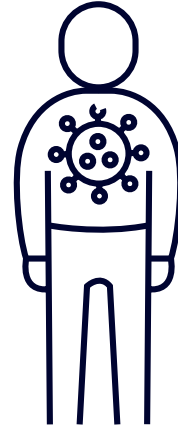
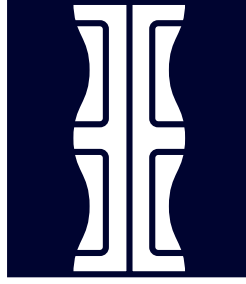


Haddii baaritaanku muujiyo, inad qabto Caabuqa Corona, waa inaad gadoon gashaa



Taasi macnaheedu waa , waa inaad guriga joogto, si aadan u qaadiin dadka kale.

Ha u bixin banaanka, xataa shaqo ha tegin.

Jooji dhamaan balamaha kula hadal saxiibada iyo ehelka telefonka iyo internetka.

Goormaa dehidada u bixi kartaa?

- Waxay ku xiran tahay, inaad leedahay ama laheyd astaamo sida xumad, dhuun xanuun ama qufac.
- Haadii aad laheyd calaamada, waxaad dehidada u bixi kartaa mark kale, markaad aad ka calaamadahaas isku arki weydo 48 sacadood.
- Haddii aadan laheyn caalamadaha, dareemaysid inaad cafiimad qabto, waxaad bixi kartaa 7 casho ka dib, marka baaritaanka caabuqa lagaa qaaday.

Sidee gadoon u geleysaa?

- Markaad guriga gadoon ku tahay, waa inaad ku jirtaa 2 meter, dadk aad la nooshahay.
- Iska ilaali dhunkasho iyo hab siin.
- Iska ilaali inaad joogto isla qol mudo dheer, hawada ka saar qolka 10 daqiiqo ka dib.
- Ha la seexin qol isku mid ah dadka kale.
- Dhaq ama alkohol ku buufi gacamaha si joogto ah.

- Nadiifi maalin kasta meelaha aad ku taabatid gacmahaaga, tusaale albaabka gacantiisa, rimootka, telefon, teebka, wade (mus), bareesada, qasabada, musqulka, lucbada ciyaarta. Isticmaal daawada nadaafada.
- Ha la wadaagin tuwaal dadka kale.
- Raadi in laaga caawiyo in caruurta lagu soo kaxeeyo, adeega dukaanka iyo eyga lagu soo hawo siiyo.
- Haddii lagu keeno alaab, ha lagu dhigo albaabka hortiiisa.

Afka xiro, haddi aad jebisid gadoonka, tusaale ahaan hadaad cisbataalka tageysid.