

NADAAFADDA GACMAHA

ISTICMAALKA SAABUUNTA IYO BIYAHA

Xaalad walba u isticmaal meeshii saabuun iyo biyo leh

- Gacmaha ku dhaq biyo diiran oo socda, intaad calaacalaha saabuun ku shubatid ismarmari gacmaha si aad uga abrusid
- Si wanaagsan u gaarsii saabuunta dhammaan gacmaha iyo farahaaga (kuna jiraan cidiyuhu) muddo dhan 10 ilaa 15 daqiiqo
- Iska raacsii biyo diiran oo socda
- Si wanaagsan gacmaha ugu qalaji warqadaha halka mar la isticmaalo ama gacma qalajiye
- Tuubada biyaha ku xir warqadda gacmaha halka mar la isticmaalo oo nadiif ah

ISTICMAALKA KAREEMKA GACANTA AALKOLADA LEH

Isticmaal markii aan saabuun iyo biyo la helayn, oo aysan ku jirin haddi gacmuhu si muuqata u wasakhaysan yihiin

- Qaado in yar oo ah kareemka gacanta aalkolada leh (le'eg qiyaasta shanta senti)
- Marmari farahaaga afkooda, labada dhan ee gacmahaaga iyo farahaaga dhexdooda
- Wad ismarmarinta ilaa ay gacmahaagu qalalaan
- Looma baahna inaad biyo iska raacisid ama gacma qalajiye

Digniin: Kareemkaanu markuu qoyan yahay si sahlan ayaa dab u qabsan karaa, marka iska hubi in gacmahaagu qalalanyihiin inta aadan hawl kale qaban.

GACAN KA GAYSO
KA HORTAGGA
FIDIDDA CUDURKA