

Soco

Nashaadaadka Murqo dhiska

3 jeer asbuucii muddo 30 daqiiqo ah, ugu yaraan 10 daqiiqo markiiba:

Soco, dheel, dabaalo, istaaga ku orod, cashar wax kabaro

Awooda iyo Iskudheeli tirka

Jimicsi samee 2 jeer asbuuciiba:

Tai chi, rucleeynta, jimicsiga biyaha, kala jiidka jirka

Utag dhakhtarkaaga ama daryeel bixiyahaaga caafimaadka.

Halagu baaro

- Aragga
- Maqalka
- Daawooyinka
- Iskudheeli tirka
- Udiyaar garoowga jimicsiga



Badqab Kujoog Guriga

- Kuxir guriga kaabayaasha la cuskado ee muhiimka ah
- Kasaar caga saaraha
- Xaqiiji in marinada lagu socdo aysan wax kugo'nayn
- Isticmaal layrarka habaynkii



Badqab Kusoco

- Xiro kabo adag, oo aan simbiriraxanayn
- Qaado bakoorada lagu socdo ama birta socodka haddii lagu qoray ama ay muhiim tahay
- Kor uqaad cagtaada
- Lasoco talaabadaada
- Raac kaabayaasha la cuskado

Baro xaqiiqooyinka jira

- Kudhawaad sadex meelood meel dadka waawayn way dhacaan sanad kasta.
- Dhicitaanadu waa Sababta ugu wayn ee keenta dhaawacyada dadka waawayn ee duqoowda ah isbitaalada loogu dhigo.
- Wax kabadan nus dadka duqoowda ah ayaa intaas kadib kalkaalin gurigooda loogu sameeyaa.
- Dhicitaanada waa laga hortagi karaa.

Baro sababaha halista keenaaya

- Daciifnimada murqaha
- Iskudheelitirka arimaha jira
- Dhicitaanadii hore
- Indho beelka ama isbadalada
- Maqal sii daciifaaya
- Dhaqdhaqaaq la'aan
- Daawooyinka

Baro Ilahaaga Adeegyada

- **Wac 211** si aad uhesho macluumaad laguuguna gudbiyo adeegyada
- **Casharada jimicsiga** oo lagu bixinaayo xarumaha dadka waawayn, xarumaha bulshada, xarumaha jirdhiska
- **Wakaaladaha deegaanka ee bixiyaha macluumaadka gaboowga** dadka waawayn ama caawimaad
- **Washington State Department of Health (Waaxda Caafimaadka ee Gobalka Washington)**



DOH 971-003 November 2011 Somali
Dadka naafada ah waxay macluumaadka
kuheli karaan qaabab kale.

Firfircooni iyo Madax Banaani Kunoolow (SAIL)



**TUSMADA KA CAAGAN
SUUXITAANKA**