

FARRIIMAHA DARYEELKA NOLOSHA EE MUHAAJIRIINTA



Talo ku saabsan
masaafada
dhulka iyo
xaaladda wadada
meesha aad
qorsheneeyso in
aad aado weydii
qof aad ku
kalsoontahay ka
hor ama inta lagu
jiro safarkaaga



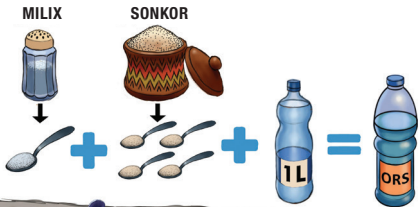
Haddii ay suurtagal tahay, fadlan iska ilaali socodka inta lagu jiro saacadaha qoraxda ay aadka u kulushahay (11:00 illaa 14:00 saacadood)



Ha iska saarin
dharka si
aanay kuu
gubin qoraxda
iyo si aad
iskaga ilaaliso
kaneecada



Haddii ay
suurtagal tahay
cab mar walba
wax yar oo biyo
ah



Si ay kaaga
caawiso socodka
una xadido in
biyaha jirkaaga
ka dhamaadaan,
isku qas 1 qaado
oo cusbo ah, 4
qaado oo sonkor
ah iyo 1 liter oo
biyo ah



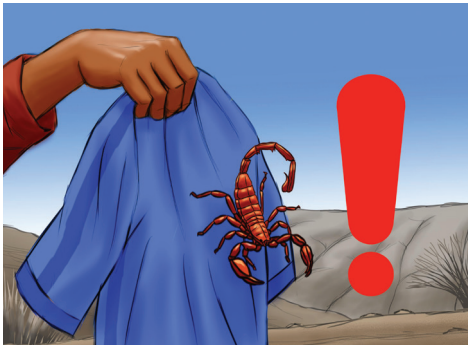
Hadii ay suurtagal tahay, qaado xoogaa biyo ah, cunto qalalan, koofiyad, ulo taraq ah, daawooyin, iyo faashado.



Geli dharkaaga iyo waraaqahaaga muhiimka ah bac si aysan u qoyin. Waraaqahaaga aqoonsiga ha iska siin cid kale.



Joogso oo
naso. Markaad
nasany sid iska
saar kabaha iyo
iskaalshada si
aad uga hortagto
fungalka iyo
xanuunada kale
ee faafa



Dharkaaga rux
ka hor intaadan
xidhan si aad
iskaga ilaaliso
hanqallooc



Hubi kabahaaga
intaadan
gashan lugaha,
hadday leyihiin
hanqallooc



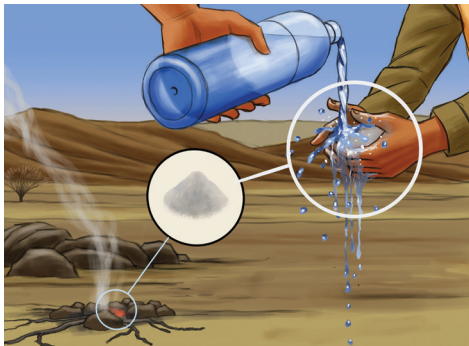
Fiiri dhulka
kahor intaadan
fadhiisan
ama jiifsanin
maadaama ay jiri
karaan masas



Aqoonsigs
meesha lagu
dhaqo oo toban
talaabo u jirto
ceelka, dhig
qaar ka mid
ah dhagxaan
dhulka si ay
kaaga caawiyaan
nuugista biyaha
dhaqida oo aad
nadiifiso aaga.



Gacmahaaga
saabuun iyo
biyo ku dhaq
ka dib markaad
musqusha aado
iyo intaadan
cuntada cunin
ka hor



Dambasta iyo ciida oo ay weheliyaan biyo sidoo kale waa la isticmaali karaa hadii aysan jirin saabuun, hadii ay suurtagal tahay, qaado gacmo nadiifiyaha si uu kaaga caawiyo inay gacmahaaga nadiif noqdaan.



Ha ka go'in
caruurtaada hana
ka tagin, hubi in
ay carruurtaadu
yaqaaniin
magacaaga,
ciwaankaga, iyo
telefoonkaaga
marka lagu daro
macluumaadka
la midka ah ee ku
saabsan qofka aad
jeceshahay/qofka
taageera ee aan
safrin.



Si aad u kordhiso bedqabkaaga, u safra koox koox haday macquul tahay. Hadii aad dhibane u tahay tacaddiyo galmo, isku day oo hel xaruun caafimaad saddex maalmood gudahood marka dhibtu dhacday.



Ku qor lambarka iyo cinwaanka halka lagaa heli karo haddii ay xaalad deg-deg ahi dhacdo warqado yar yar oo gali meelo kala duwan. Xifdi lambarka iyo cinwaanka qoyskaaga iyo saaxiibadaa. La xiriir qoyskaada sida ugu badan ee macquulka ah si aad u ogeysiiso halka aad ku sugantahay, gaar ahaan marka aad xad ka gudubto ama aad gaarto halkii aad ku socotay



Dal kasta oo aad ku sugan tahay, caawimaad weydiiso xubin kasta oo ka tirsan dhaqdhaaqa Bisha Cas iyo Laanqayrta Cas. Waxaad ku aqoonsan kartaa Bisha Cas iyo Laanqayrta Cas caalamadaha jaakaddooda.



Hadii aad la safraysid qof la xiray la hayo/ xiran, maqan ama dhintay, la wadaag magacyadooda laanqayrta cas ama shaqaalaha bisha cas ama mutadawiciinta.



Hadii aad uur leedahay, iska ilaali socodka sadaxda bilood ee sadexaad, hadii aad isku aragto dhiig-bax, ur xun, madax-xanuun daran, qandho iyo qar-qaryo, fadlan u raadso caawimo isla markiiba xarun caafimaad, isku day inaad haysato suuf dharka dhogorta leh ku duubo ilmaha, mandi nadiif ah, xadhig nadiif ah, saabuun iyo biyo.



Marka ilmuhu
dhasho, iska ilaali
calaamadaha
khatarta ah
sida oohin xad
dhaaf ah, diidmo
naas nuujin ah,
qandho iyo indho/
maqaar jaale ah,
hadii ilmuhu
ka muuqdo
mid ka mid ah
calaamadahan,
isla markiiba tag
xarun caafimaad.



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