



## Ma ogtahay?

Laba ka mid ah shantii dabab ee guri ka kaca ay ugu wacan tahay qurxinta bilaabaan shamacyadu.

Shamacyada iyo lolka bannaan ayaa ah sababta saddexaad ee keena dababka dhismayaasha Minnesota.

Qaran ahaan, dababka shamaca ka bilowda ayaa inta badan dhaca inta lagu jiro bisha Diseembar.

## BADBAADADA SHAMACA

- **Soo iibso shamacyo aan ololo lahayn. Inta ugu badan waxaad ka heleysaa bililgta shamacyada dhab ah laga helo oo waxay ku yimaadiin noocyo caraf kala duwan leh.**
- **Shamacyada caadiga ah geli weel adag oo aan ganbismayn.**
- **Ka hor inta aadan qolka ka tagin ama aadan seexan iska dami shamacyada.**
- **Tooshashka isticmaal tooshashka — oo shaaca ma ahan — iftiiminta xaaladaha degdeg ah haddii korontadu go'do.**



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