

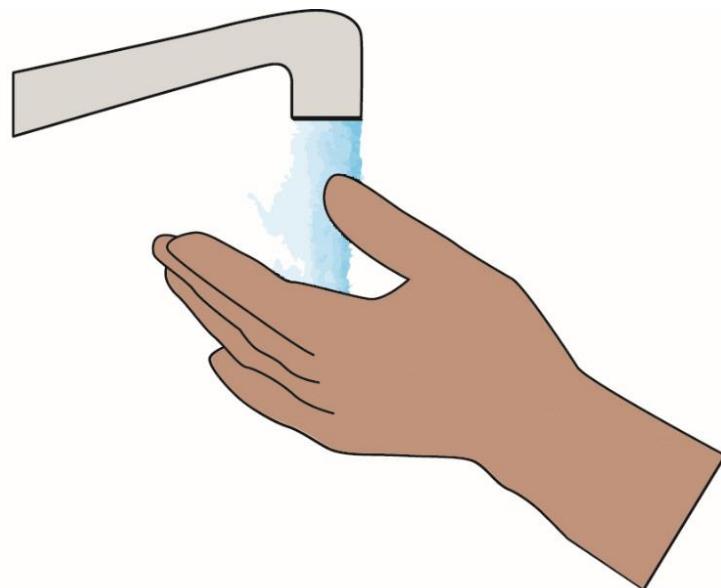
# Nadaafada baabacda gacanta

Iska ilaali faafinta cudurka oo la soo gaarsiyo iyo gaarsiisid

## Joogto iskaga dhaq baabacda gacanta!

Maadada oo cudurka faafiso si fudud bey baabacda gacanta iyo meelaha kale ugu dhegtaa oo tusaale ahaan dhetga ilbaabka. Weeyna sii faafaayaan markaa qofkale baabacda gacantiisa taabatid.

Sidaas daraadeed badanaa ku dhaq saabuun iyo biyo kulul baabacda gacmahaada. Markasto iska dhaq baabacda intaadan cunto cunid u fadhiisan, cunto karin bilaabin iyo intaadan musqusha ka soo bixin. Khamriga gacanta waxey noqon kartaa xal haddii aadan haystan fursad aad iskaga dhaqdo baabacda gacmaha.



## Ku qufac iyo hindhisho laabka gacanta!

Markaa qufacdid iyo hindhishootid waxaa faafaayo dhibco yaryar oo la socdo maadada cudurka faafiso. Haddii laabka gacanta ama xaanshida diifka ku qufacdid iyo hindhishootid waxaad yareen faafinta cudurka oo kuma faafineysid goobta aad joogtid ama baabacda gacmahaada.



Folkhälsomyndigheten