

# Dhug u yeelo cayayaankan

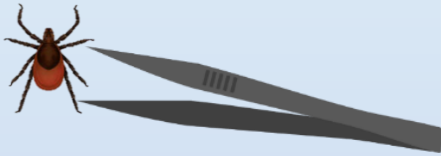


ISKA ILAALI • HUBI • ISKA SAAR • ISK EEG



## Ilaali

Ka hortag meelaha ay shilinta ku nool yihiin, sida cawska dheer iyo tiir-dhexaadka caleemaha. Isticmaal diiwaanka- EPA ee shilint Is dabool si aad jirkaaga uga celisid shilinta necbeysato. Ka ilaali cayayaankan in jirkaaga taabto.



## Hubi

Ha u oggolaan in shilintan gurigaaga soo gasho oo dharkaaga fuusho, ka baar jirka in aykuu gashay. Ka baar dhamaan jirkaaga shilinta.

## Saar

Iska saar shilinta sida ugu dhaqsiiyaha badan. Isticmaal bir qabadka,

## Eeg

Iska eeg calaamadaha cudurka uu keeno cayayaankan. U sheeg daryeel bixiyahaaga caafimaadka(dhakhtarkaaga) haddii aad isku aragto calaamadaha.



Somali  
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