

Toddobo talaabo oo si sax ah loogu Xirto Qalabka Neefsashada Shaqada

Raacitanka talaaboyinkan sahlan waxay kaa caawin doontaa in aad si sax ah u xirato iskagana bixiso qalabka neefsashada oo ay adiga iyo qofkastaba ay badbaado u tahay.

1 Gacmahaaga Dhaq



Gacmahaaga ku dhaq saabuun iyo biyo ama alkolo-ku masax istaraasho ka kooban 60% alkolo.

2 Hubi



Kormeer qalabka neefsashada hadii uu dhaawac leeyahay. Haddii uu u egyahay mid dhaawac leh ama halaysan, ha istacmaalin.

3 Xiro Qalabka Neefsashada



Ku qabo qaybta sanko ee qalabka neefsashada gacantaada adigoo adeegasanaya faraha fiidooda kana raarici xarkaha gacantada hoosteeda.



Ku dabool afkaaga iyo sankoaga qalabka neefsashada sidoo kale hubi in aysan jirin dulduleel (tusaale ahaan, timaha garka, timaha iyo ookiyalayaasha) u dhexeeyo wajigaga iyo qalabka neefsashada.

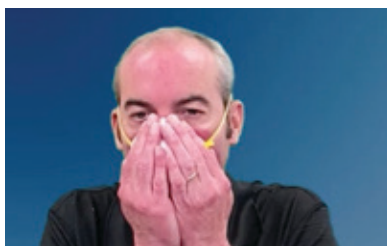


Xariga qalabka neefsashada waa in aad kuxirtaa madaxaaga gadaashiisa. Haddii uu jiro xarig labaad waxaad ku xirtaa dhagahaga hoostooda ama qoortada. Ha isdaba marin xarkaha.



Haddii uu naqas siiyahaga leeyahay birta kuhaysa sanko, istacmaal farahaga fiidooda si aad ula ekeysiiso cabirka sankoaga.

4 Hagaaji Qalabka Neefsashada



Labada gacmood saar qalabka neefsashada korkiisa. U neefso gudaha si dhaqso ah kadib bananka u soo neefso. Haddii aad ka dareento dareer sanko, hagaaji qaybta sanko ee qalabka neefsashada, hadii dareerka uu yahay dhinacyaha qalabka neefsashada, hagaaji xarkaha.



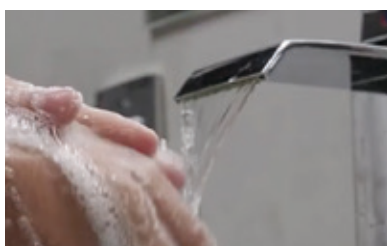
Kuceli illaa aad ka hesho xirmo sax ah. Haddii aadan helin xirmo sax ah iskuday qalabka neefsasho kale.



Iska ilaali inaad taabato qalabka neefsashada istacmaalaya. **Hadaad tabato dhaq gacmahaaga.**

Fiiro Gaar ah: Haddii aad dib u adeegsato qalabka neefsashada, xiro goloofyada markii aad kormeerayso oo aad gashanayso qalabka neefsaahada. iska ilaali tabashada wajigaaga (oo ay ku jiraan indhahaaga, sankoaga iyo afkaaga) inta lagu gudajiro hawsha.

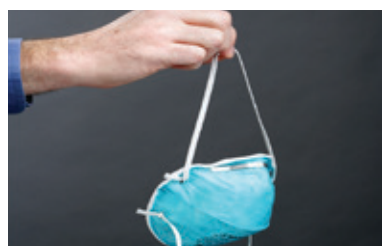
6 Bixi Qalabka Neefsashada



Dhaq gacmahaaga.



Qalabka neefka ka saar gadaal. Hore ha taaban.



Haddii loo baahnayn in dib loo isticmaalo qalabka neefsashada sababo la xiriira helitankiisa oo yar, ku tuur weelka qashin-qubka xiran. Gacmahaaga dhaq.

Macluuumad dheere ah ka fiiri fiidiyowga deg degga ah, "xirashada iyo bixinta qalabka neefsashada".



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