



# Soojeedinta isticmaalka af-shareerka ee muwaadiniinta

Kooxda iskudubbaridka Koronaha ee Soonaha Caasimadda ayaa iyadoo aan ku xirnayn heerka kahortagga tallaalka waxay u soo jeedinaysaa dhammaan dadka buuxiyay 12 sano in ay af-shareerka ku isticmaalaan:

- ▶ Dhammaan goobaha gudaha ee dadweynaha iyo gaadiidka la raaco ee ay dad badan ku jiraan ama joogaan.
- ▶ Goobaha gudaha ee ay joogaan dad badan oo aad isugu dhow, sida tusaale ahaan munaasabada dadweynaha, dukaamada iyo goobaha kale ee macamiisha.
- ▶ Goobaha waxbarashada oo ka billaabanay fasalka lixaad.
- ▶ Goobaha bannaanka ee ay ka jirto xaalado ciriiri ah oo wakhti dheer qaadanaya.
- ▶ Marka loo socdo baaritaanka fayruska Koronaha iyo kahor inta ay natiijada baaritaanku diyaar ka noqonayso, haddii ay jirto sabab laga maarmaan ah oo uu qofku ku aadayo guriga bannaankiisa.
- ▶ Dhammaan xaaladaha ay adagtahay in la iska ilaaliyo xiriirka taabashada ah ee dhow.

## Liiska xusuusta ee isticmaalka af-shareerka

- ▶ Diyaarso af-shareeryo badan oo ku filan inta aad maalintaa u baahantahay.
- ▶ Diyaarso dhalo uu ku jiro gacmo nadiifiye iyo af-shareeryo dheeraad ah oo haddii loo baahdo aad beddel ahaan u isticmaasho.
- ▶ Xiro af-shareerka kahor inta aadan korin gaadiidka aad ku safrayso.
- ▶ Dhaq ama jeermiska ka dil gacmaha kahor inta aadan xiran af-shareer cusub ama nadiif ah.
- ▶ Hubi, in af-shareerku uu si fiican wejiga ugu fadhiyo una daboolayo afka, sanko iyo garka.
- ▶ Muddada aad isticmaalayso, ha uu jiidin af-shareerka garka hoostiisa ama foolka wejiga.
- ▶ Haddii muddada aad isticmaalayso aad taabato af-shareerka, dhaq ama jeermiska ka dil gacmahaada kahor inta aadan taaban iyo marka aad tabato kaddib.
- ▶ Ha xiran markale af-shareer horay loo isticmaalay.
- ▶ Af-shareerka iska beddel, haddii uu qoyo ama wasaqoobo.
- ▶ Iska bixi af-shareerka adigoo gacan nadiif ah xarkaha uga qabanaya. Marka aad iska bixinayo af-shareerka, ha taaban qaybtiisa kore.
- ▶ Ku rid af-shareerka halka mar la isticmaalo weelka qashinka, marka aad isticmaasho kaddib, af-shareerka marada ah ee markale la isticmaali karana waxaad gelisaa bac ama toos u geli makiinnada dharka lagu dhaqo.
- ▶ Dhaq ama jeermiska ka dil gacmaha kaddib marka aad iska saarto af-shareerka.
- ▶ Ku dhaq af-shareerka marka aad isticmaasho kaddib barnaamijka dhaqidada dharka ee heerkulkiisu gaarayo 60 digrii ama ku karkari biyo oomo yar lagu daray muddo shan daqiiqo ah. Biyo raaci af-shareerka kuna qallaji meel hawo fareesha leh.
- ▶ Dhaq af-shareerka marada ah kahor inta aadan marka ugu horreysa isticmaalin. ▶ [thl.fi](https://thl.fi)