



# Soojeedinta isticmaalka af-shareerka ee muwaadiniinta

Dadka ka weyn 15 sano waxaa loo soojeedinayaa si ay dadka kale u ilaaliyaan in ay isticmaalaan af-shareerka marka ay joogaan meelaha soosocda:

- ▶ Gaadiidka dadweynaha (sida metrooga, baska, tareenka, taraamka) oo aan xiriirka dhow markasta la iska ilaalin karin.
- ▶ Dadka baaritaanka fayruska korona dalbaday ee u socda qaadista saamiga baaritaanka iyo kahor diyaargarobidda natiijada baaritaanka
- ▶ Dadka safarka ah ee imaanaya Finland kana imaanaya soonaha halista ah marka ay ka baxayaan goobta ay dalka ka soo galeen iyagoo u socda karaantiil ama marka ay qasab ku tahay in xilliga karaantiil ay aadaan meel guriga bannaankiisa ah.

Waxaa kale oo af-shareeryada la isticmaali karaa marka lagu jiro xaalad aanay suurragal ahayn in xiriirka dhow la iska ilaaliyo. Ma ahan in af-shareerka la isticmaalo haddii uu si daran u adkaynayo neefsashada ama ay jiraan sababo kale oo caafimaadka la xiriira, kuwaas oo hor-istaagaya isticmaalka af-shareerka.

## 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.