

## Qaxidda iyo xarumaha bulshada

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ayaa bixiya amarka qaxitaanka marka aafadu dhacdo. Dhagayso idaacadaha gudaha iyo warbixinada TVga marka ay xaalad degdeg ahi timaado. Haddii ay saraakiisha dawladda hoose kaa codsadaan inaad baxdo, sidaas yeel isla markiiba!



-Gaasta dabiiciga ah iska dhaaf iyada oo saraakiisha guduhu kugula tyaliyaan mooyaane.



-Haddii dabayl xoog leh la filayo, dhammaan dariishada ka dabool xagga dibedda.

**Haddii wakhti u hesho qaxitaanka, waxyaabaha soo socda sii qaado:**

-Alaabta caafimaadka-dawooyinka takhtarku qoray, qalabka sonkorowga lagu fiiriyo, iwm.



-Ogiyaalaha (xoqadda) iyo 'contact lenses' iyo biyaha qooshka ah ee lagu sifeeyo



-Xirmada isu-diyaarinta xaaladda degdega



-Dhar iyo gogol



- Furayaasha baabuurka

**Hddii aanay saraakiisha guduhu kugula talin qaxitaanka isla markiiba ah, qaad tallaabooyinkan si aad u badbaadiso gurigaaga intaanad ka tegin kahor:**

-Ka dammi korontada fiyuuska weyn ama jabiyaha oo xidh dhuunta weyn ee biyaha.



-Haddii biyo soo rogmada (daad) la filayo, waxaad fiirisaa adeegsiga kiishash ciid ah oo biyaha qabta.



-Qaado waraaqaha muhiimka ah –ruqasadda baabuur wadidda, karaka sooshiyal sekeyuuritiga, caymisyada, shahadadaha

dhalashada iyo gurka, saamiyada, waraaqaha dhaxalka, iwm.

Xarumaha bulshada waxa laga yaabaa in la furo xaaladaha degdega qaarkood ama aafuoyinka. Warbaahinta ayaa iclaamin doonta goobahaas. Inta badan xarumuhu waxay bixiyaan keliya alaabta xaaladda degdega sida cunto, sariiro iyo bustayaal.



La soco inaan carbiska (aan ahayn xayawaanka adeega) badiyaa loo ogolayn xarumaha bulshada sabab saxo awgeed.

**Xusuuso:** Haddii aad guriga ka qaxayso, sii qaado okiyaalahaaga ama 'contact lenses' iyo dawooyinka.



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