

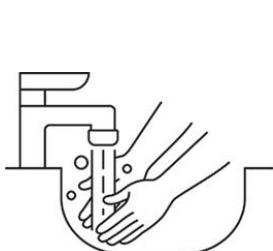
## Ku qaadista saamiga kaadida guriga dhexdiisa: Haweenka iyo gabdhaha

### Saami qaadista ka hor

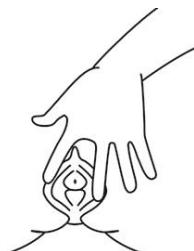
Saamiga waxaad qaaddaa, marka ay ka soo wareegto kaadidii ugu dambaysay ee aad kaadisay muddo 4 saacadood ah kaddib. Xilliga aad qabto dhiigga caadada ama haddii uu dhiiggu si xoog ah kaaga socdo, waxaan soo jeedinaynnaa inaad isticmaasho taambooni ka hor inta aadan saamiga qaadin. Wuxuu cabbi kartaa ugu badnaan 1-2 koob oo biyo ah.

Agabka loo baahan yahay si loo qaado saamiga iyo hagista arrinkaas ku saabsan, waxaad ka heli kartaa shaybaarka HUS ee kuugu dhow.

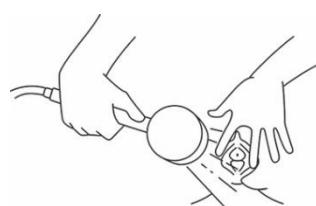
**Waxaa lagama maarmaan ah ka hor inta aan saamiga la qaadin, in si taxadar leh loo dhaqo inta hoose** si loo helo saami nadiif ah!



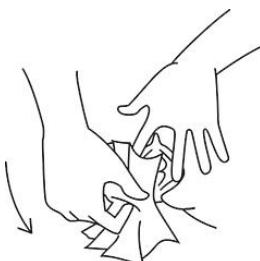
1. Gacmaha iska dhaq.



2. kala fidi faruuryaha siilka.



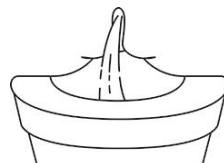
3. Dhaq sabiisha inteeda muuqata



4. Wuxuu ku qallajisaa waraaqda musquusha, adigoo hore iyo gadaal u marinaaya .



5. Ugu horraynta wax xoogaa kaadi ah ku sii daa godka musquusha.



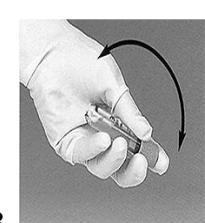
6. Ha taaban weelka gudihiisa. adigoo aan kala joojin waa inaad caagga ku shubto kaadi le'eg 2/3 oo caagga ah

7. Kaadida inta soo hartay waxaa si toos ah loogu sii daynayaan godka musquusha.

### Istijada ama hoos iska dhaqista

Iska dhaqista hoos waxaa lagu sameeyaa iyadoo la isticmaalaayo tuubada gacanta ama waxaa taa beddelkeeda la isticmaali karaa maro biyo diirran lagu qooyay (tusaale ahaan waxaa la isticmaali karaa faashadda oo kale). Warqadda ama shayga la isku qallajjinaayo mar walba waxaa lagu beddeleyaa mid nadiif ah. Haddi ilmuuhu uu u baahan yahay caawimaad, qofka caawinaaya wuxuu iska dhaqayaa gacmaha, kaddibna waxaa la dhaqayaa inta muuqata sabiisha gabadha,

### Saamiga oo lagu wareejiyo ama lagu shubo caagga saamiiga



1. Saami qaadista kaddib waxaad xirtaa caagga dhuuban ee saamigu ku jiro, kaddibna saar miiska. Wuxaad furtaa sharootada ku xiram (sulkijatarra), laakiin iska jir ama ka taxaddar inaad taabato cirbadda ka hoosaysa sharootada.
2. ISLAMARKIIBA kaadida ku wareeji caagga dhuuban ee saamiga, adigoo daboolka caagga saamiga ku riixaya dhanka cirbadda. Sug illaa iyo inta qulqulka kaadidu uu ka joogsanayo soo gelitaanka tuubaada. Caagga dhuuban si taxaddar leh kor ugu soo bixi. Haddii lagu soo siiyay dhowr caag, isla sidii oo kale u buuxi.
3. Haddii buuxinta caagga dhuuban ee saamiga ay u hiregli wayso sida kor lagu soo xusay, waxaad furtaa weelka kaadidu ku jirto iyo daboolka caagga dhuuban ee saamiga, dabadeedna kaadida ku shub caagga dhuuban. Wuxaad fiiro gaar ah u yeelataa, in qaddarka ugu yar ee saamiga uu yahay (inta khadka calaamadda ah marsan tahay). Cadadka ugu badan ee caagga dhuuban ee saamiga waa meesha ugu sarraysa ee calaamadda.

4. Caagga dhuuban ee saamiga ugu yaraan 8 goor u rux si kor iyo hoos ah. Inta soo hartay ee kaadida ah waxaa lagu shubayaa godka musquusha. Waa la xirayaan daboolka iyo sharootada caagga dhuuban ee saami qaadista. Weelka ama caagga saamiga kaadida loo dhigay waxaa lagu tuurayaa goobta qashinka guriga.

**Saami qaadista kaddib**

1. Sharootada magaca waxaad ku qortaa magacaaga, taariikhda dhalashada iyo lambarka aqoon-siga, saacadda la qaaday saamiga iyo waqtigii ugu dambeeyay ee aad kaadisay, taasoo loola jeedo inta saacadood ee aadan kaadin ama aad kaadida isku celisay (saacad ahaan u qor).
2. Sharootada ku koolee bacda dusheeda ama waxaad ku riddaa bacda gudaheeda. Caagga dhuuban ee saamiga waxaad ku riddaa bacda, dabadeedna bacda xir. Shaybaarku ma baaraayo saamiga uusan ku qornayn aqoonsiga shakhsii ahaaneed.
3. Saamiga waxaad sida suuraggalka ah ee ugu dhakhsaha badan u gaysaa shaybaarka, ugu dam-bayn lix saacadood gudahood marka ay ka soo wareegto saami qaadista, Caagga dhuuban ee saamiga lama gelin karo qaboojiyaha ama tallaagadda barafka ah. Haddii aad samaysay si ka duwan hagistii lagu siiyay ama aad daboolka ka qaadday caagga dhuuban ee saamiga, waxaad arrinkaas u sheegtaa shaqaalaha shaybaarka ee saamiga kaa qaadaya.

Haddii aad qabto wax su'aal ah oo ku saabsan saami qaadista kaadida, waxaad soo wici kartaa lambarka adeegga 09 471 86800 isniin-jimco, saacadda 7.30–15.30. Fiiro gaar ah! Natijada shaybaarka laguma sheego telefoon ahaan.