

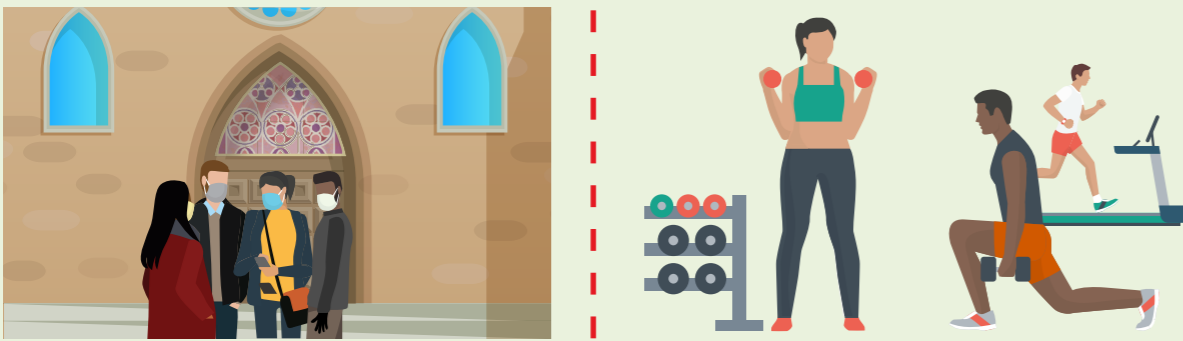
AYAA AH XIRIIR DHAW?

XIRIIR DHAW

Waxaad ujirsatay 6 fuudh/2 mitir 15 daqiiqadood ama ka badan.



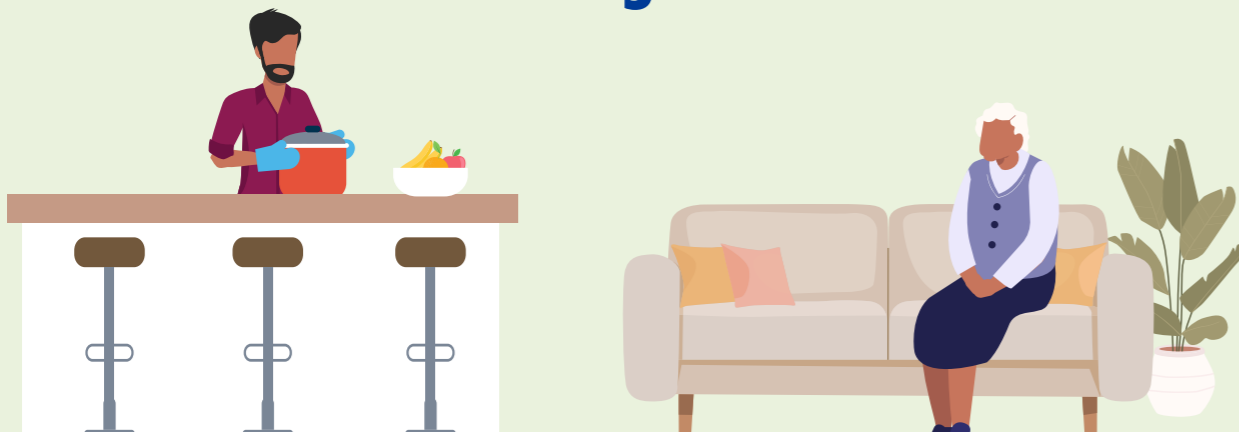
Waxaad dhawr jeer la yeelatay xiriir dhaw qof in ka badan muddo 24-saacadood ah (xataa haddii mid kastaaba ka yar yahay 15 daqiiqo).



Waxaad xiriir jidh ahaan ah oo dhaw la yeelatay qof, sida hab-siin.

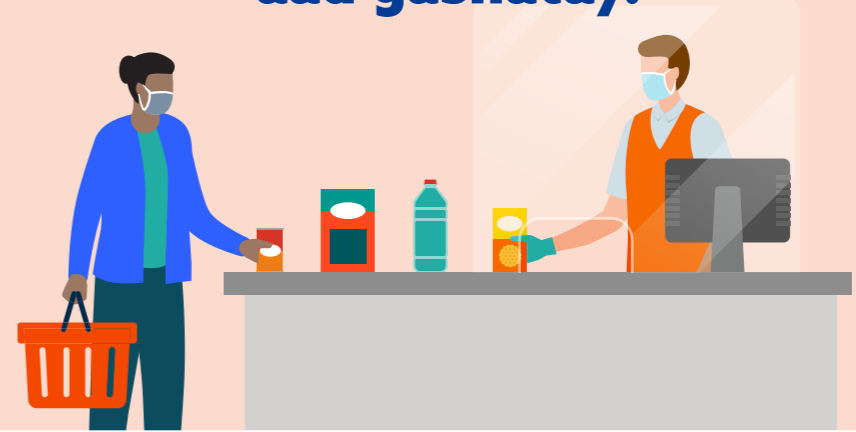


Waxaaf la noodhahay qof ama daryeel ku siisaa isla guri mid ah.



XIRIIR AAN DHAWAYN

Waxaad la yeelatay xidhiidh dhaw oo gaaban adiga oo xiran maaskaro iyo/ama waji-xir aad gashatay.



Waxaad si dhakhso ah u dhaaftay qof.



Waxaad salaantay qof oo adiga oo ujira maasafad dheer.



Waxaad alaab u geysay qof is-takooray laakiin xiriir lamaad yeelan.

