

AYAA AH QOF XIRIIR DHAW AH SHAQADA?

XIRIIR DHAW

Waxaad ujirsatay 6 fuudh ama 2 mitir 15 daqiiqadood in ka badan, xataa hadaad labadiinuba xiran tihiin maaskaro.



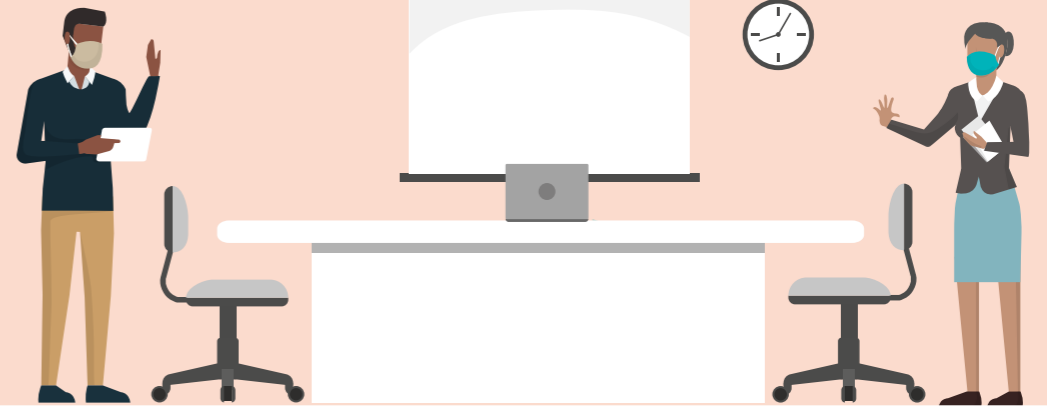
XIRIIR AAN DHAWAYN

Waxaad hubisay inaad u jirsato masaafad 6 fuudh, ama 2 mitir.



Waxaad xiriir jidh ahaan ah oo dhaw la yeelatay qof, sida gacan-qaad salaan ah.

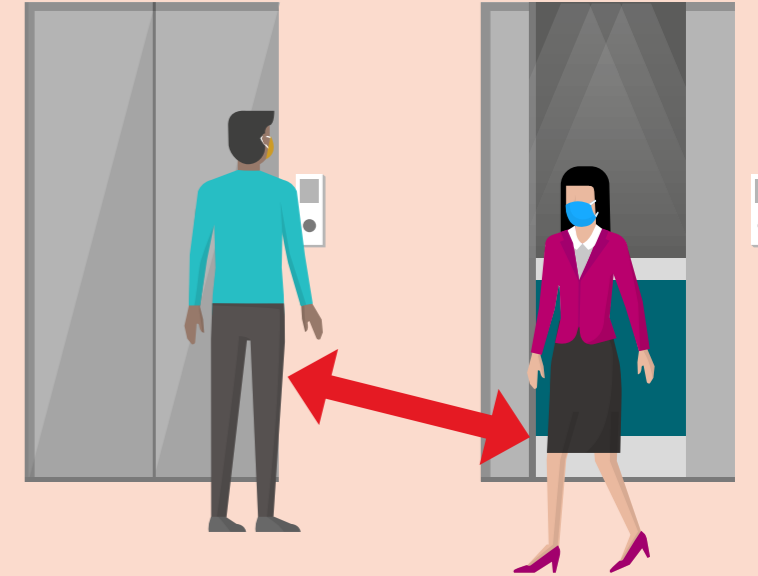
Aad shir wada gasheen lakiin aanad xiriir toos ah la yeelan.



Aad qado wada aadeen ama is-dhexgal dhakhsi ah.



Aad hoolka si dhakhso ah isugu dhaafteen, ama goob kale oo guud.



Qof si dhaw kuula shaeeya.



Qof aad saam wada shaqaysaan laakiin ah jiid kale.

