

AYAA AH QOF XIRIIR DHAW AH DUGSIGA?

XIRIIR DHAW

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



Qof fasalkaaga ku jira, ama baskaaga ama kooxdaada dugsiga kadib.



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

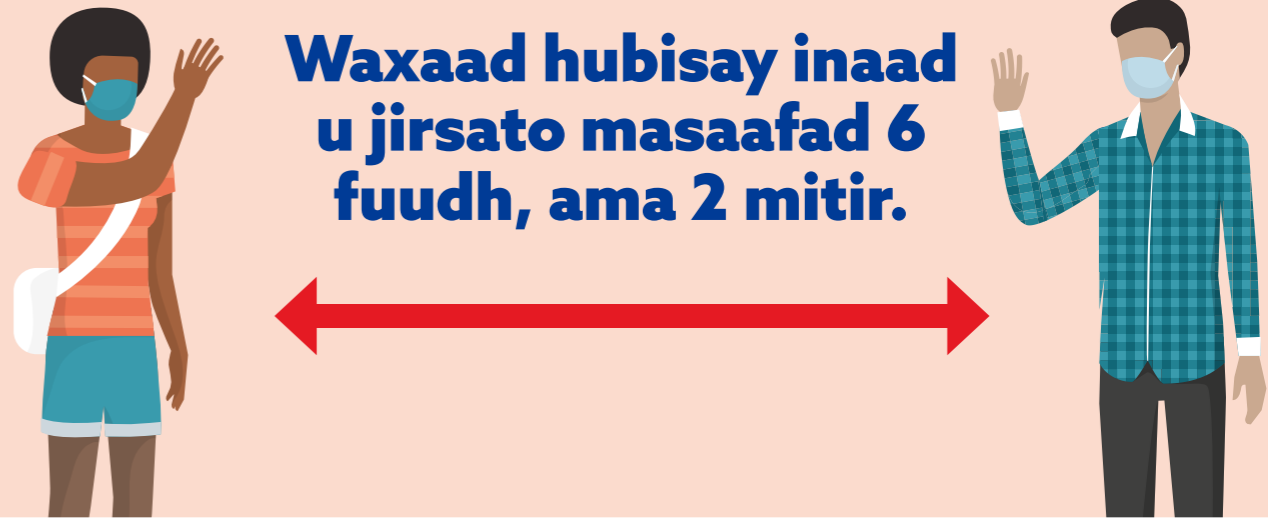


Qof si xaadis ah kugu hindhisay, ama qufacay adiga oo si dhaw u nira oo la hadlaya.



XIRIIR AAN DHAWAYN

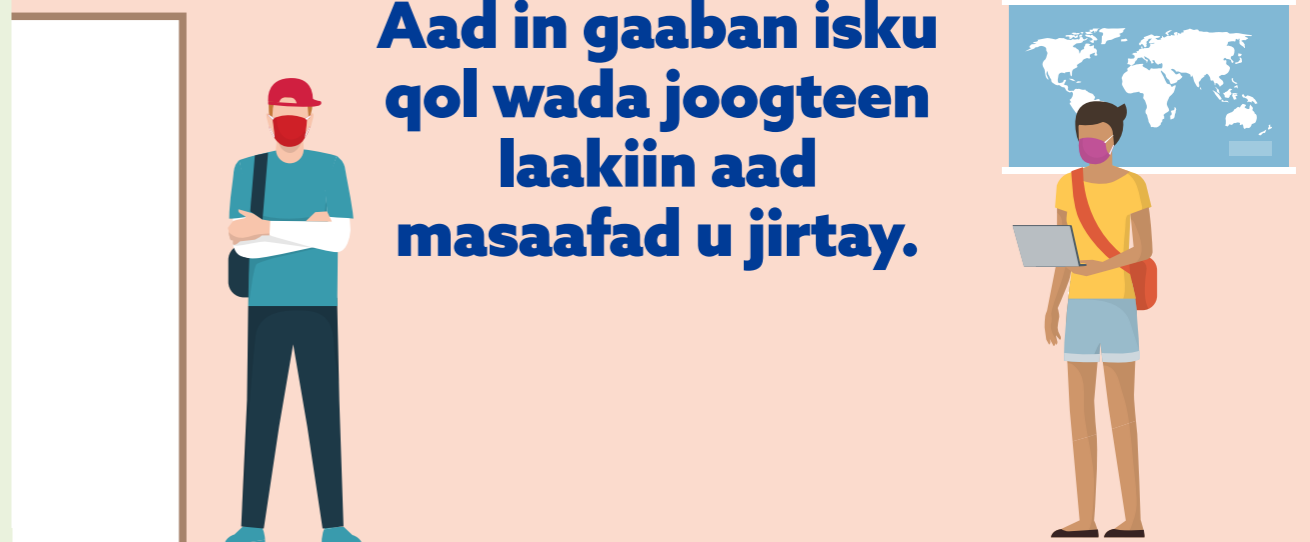
Waxaad hubisay inaad u jirsato masaafad 6 fuudh, ama 2 mitir.



Aadaan, laakiin aydaan isku koox ahayn.



Aad in gaaban isku qol wada joogteen laakiin aad masaafad u jirtay.



Aad hoolka si dhakhso ah isugu dhaafteen, ama biririfta.

