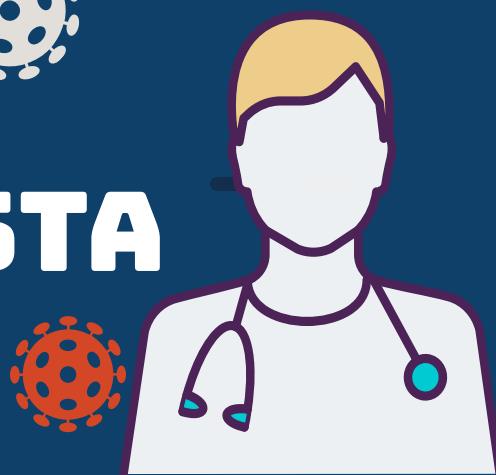


NADIIFINTA & JEERMIS-DILISTA



Nadiifinta

Waa muhiim in aad nadiifiso ka hor intaadan jeermis dilin.

"Nadiifintu waxay saartaa wasakhda muuqata, boodhka, waxyabaha daatay, maritaanada, wasakhda, walxaha dabiiiciga ah sida dhiigga, iyo qaar jeermis ah oo ka imadaa oogooyinka."



Jeermis-dilista

Habka lagu dilaayo jeermiska.

Waa muhiim in la isticmaalo nadiifiyaha alaabta ee ka diiwaangashan EPA.



Oogooyinka sida sare loo taabto

Garbaha sariirta
Leydhadhka caawimo u wacashada
Kiiboodhka
Badhamada dabinta-daarida nalka
Qataarada albaabka
Taleefono
Qalimo
Sinkiyada qasabada
Bir qabsashada darbiga ku rakiban



Akhri Calaamada

Badeecadu miyeey tahay mid ay ansixisay EPA? Oogadee ayaa lagu dul isticmaali karaa jeermis-dilka?

Waa maxay jeermiska uu jeermis-diluhu lagu caddeeyey inuu dilo?

Miyay tahay in badeecada biyo badan lagu qaso?

Waa maxay wakhtiga xidhiidhka/ku dhex jirida/qoyida??



Tallooyinka Nadiifinta & Jeermis-dilista

Ha ku degdegina wakhtiga la xidhiidhka jeermi-dilista.
Raac wakhtiga xidhiidhka ee liiska lagu qoray.
Ha tirtirin xalka.
Ha afuufin xalka.