

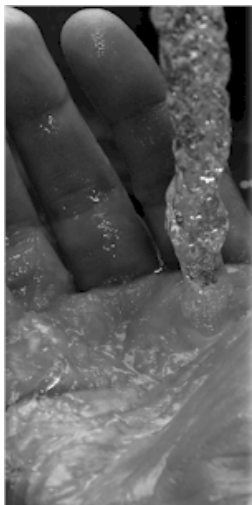
Dhaqannada Caafimaadka leh

Marwalba waa fikrad fiican in si caafimaad leh loo dhaqmo.

Tallaabooyinka soo socda ayaa xad u yeelaya in jeermiska uu ku faafo guriga iyo bulshada.

Waxaad gacmahaaga dhaqdaa ugu yaraan 20 ilbiriqsi kaddib:

marka aad isticmaasho musqusha, marka aad cuntada sameynayso iyo marka aad wax cunto, marka aad qufacdo, marka aad hindhisto, marka aad diifsato, marka aad xafaayad carruurka beddesho iyo marka aad daryeel siiso qof buka.



Waxaad qufacaaga

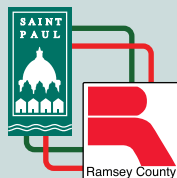
ku dabooshaa mara ama suxulkaaga - aan ahayn gacmahaaga qaawan.



Gurigaaga joog marka aad xanuunsan tahay

Haddii aad yareyso xiriirka
aad la leedahay dadka
shaqada, dugsigu, iyo
bulshada waxay qof waliba
ka caawinaysaa in uu caafi-
maad qabo.

Saint Paul – Ramsey County
Department of Public Health
www.co.ramsey.mn.us/ph
651-266-2400



Community Action Partnership
of Ramsey & Washington Counties
www.caprw.org
651-645-6445

