

Amarka Go'aanka Meel-marinta ee "Caafimaad ku Qab Guriga" ee uu soo saaray  
Guddoomiyaha Gobolka Mills

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Guddoomiyaha Gobolka Mills wuxuu shacabka reer Maine uu uga baahan yahay inay  
guriga joogaan aysan ka ahayn iyaga oo guriga uga soo baxa shaqo daruuri ah ama howl  
kale ee daruuri ah mooyee.

Maxaa ka mid ah howlaha muhiimka ah ee  
shaqsiga?

- Soo qaadashada agabyada daruuriga ah ee guriga loo soo wado aqalka qoyska si loo cuno ama loo isticmaalo (tusaale ahaan, raashiinka, dhar dhaqida, iyo waxyaabaha loo baahan yahay in ammaanka lagu ilaaliyo).
- Soo qaadashada daawada ama agabyada caafimaadka iyo in la raadaso daawo ama adeegyada caafimaadka deg-degga ee loo baahan yahay.
- Bixinta daryeel oo ay ku jiraan in adigu, xubin qoyska ka tirsan, saaxiib, xaywaanka guriga lagu rabaayadeysto ama xoolo nool oo guri kale joogta ama adeegyo muhiim ah ee goob kale ku sugan iyo in aad soo hesho agabyo iyo adeegyo kale oo daruuri ah.
- Ku socoshada iyo ka soo noqoshada dhismo waxbarasho iyadoo ay ulajeedadaada tahay inaad ka soo qaadata cunto ama agab aad wax ku baranayso ee waxbarashada masaafada fog aad ka qaadata darteed.
- Aad ka qaybqaadata jir dhis banaanka ah, sida socodka, buurfuulka, orodka, ama baaskiil wadida, adiga oo fulinaya xeerarka masaafo ka fogaanshaha bulshada.
- Safar ay kaaga baahan yihiin sarkaalka sharci fulinta ama amar maxkamadeed.
- Ku socoshada iyo ka soo socoshada dhismo dowladda dhexe, tan Gobol, ama dowlad hoose adiga oo u tagay arrimo daruuri ah.