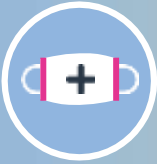




FOOJIGNAAW



Isticmaal afxir
(maaskaro)



Cagmahaaga
dhaq



ku dhaqan
sharciyada kala
foogaanshaha
bulshada

Cagmahaaga dhaq

Xitaa hadii gacmahaagu u muuqdaan inay nadiif yihiin, had iyo goor ku dhaq alkolo (30 ilbiriqsi) ama saabuun iyo biyo (60 sekan).

Hadii gacmahaagu u eg yihiin wasakh, ku dhaq saabuun iyo biyo.

U dhaq gacmaha si fiican : calaacaha, farah, suulasha iyo gacmaha gadaashooda!

Ha ku taaban gacmahaaga indhaha, sanko iyo afka .

Had iyo jeer gacmahaaga dhaq:

- ka dib qufaca ama hindhisada;
- isla marka aad guriga soo noqoto;
- markaad cunto diyaarinayso, gaar ahaan hadaad taabanayso cuntada ceeriin;
- kahor intaadan cunin cuntada;
- ka dib markaad musqusha isticmaasho;
- haddii aad daryeesho qof jiran;
- ka dib xayawaan hadad taabato;
- ka dib taabashada qashinka;
- markaad isticmaasho gaadiidka dadweynaha;
- ka hor intaadan xirin, hadaad taabanayso iyo ka dib saarista maskar