

**8 da habdhaqan ee Waawayn** ee Caafimaadka Xanuunada  
Wadnaha iyo Sonkoroowga

## Jimicsi Samee

Mid kasta oo kamid ah fariimaha hoos kuqoran wuxuu muujinayaa qaabka aad "Jimicsi Kusamaynayso".  
Fadlan samee mid ama kabadan oo kamid ah arimaha soosocda:



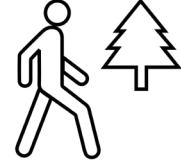
Socod ama orod badan  
samee.



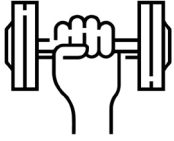
Kaxee baaskiil.



Jimicsi lasamee  
qoyska.



Banaanka kusoo soco.



Dhis awoodaada.



Ciyaar dheel.



Dhaqdhaqaaq badan  
samee.



Dhaqdhaqaaq badan  
samee.

Soojeedino ama ogaysiisyo dheeraad ah:



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Dadka naafada ah, warqaddaan waxay kuheli karaan markay u codsadaan qaabab kale. Fadlan wac 800-525-0127 (TDD/TTY 711) ama iimeel udir [civil.rights@doh.wa.gov](mailto:civil.rights@doh.wa.gov).

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## Sifican wax ucun

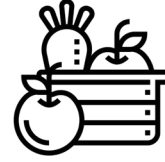
Mid kasta oo kamid ah fariimaha hoos kuqoran wuxuu muujinayaa qaabka aad "Sifican wax ugu cunayso". Fadlan samee mid ama kabadan oo kamid ah arimaha soosocda:



Iibso cunto nadiif ah.



Cun cuntooyin isku dheeli tiran.



Cun miro badan iyo khudaar.



Cun fibar badan.



Cun khadaarta caleenta cagaaran oo badan.



Biyo badan cab.

Soojeedino ama ogaysiisyo dheeraad ah:



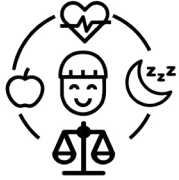
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## Ilaali caafimaadkaaga

Mid kasta oo kamid ah fariimaha hoos kuqoran wuxuu muujinayaa qaabka aad "Faya dhis Kusamayn karto".  
Fadlan samee mid ama kabadan oo kamid ah arimaha soosocda:



Raadi Isku dheelli  
tirnaan oo yaree  
walaaca.



Jimicsi usamee  
wadnahaaga.



Hurdo kugu filan  
seexo.



Baro sida loo nasto ama  
laysku dajiyo.



Samee qoob kaciyaar.



Lasamee waxyaabo  
lamaanahaaga.



Labaashaal koox  
ama qoyska.



Lasamee nashaadaad  
koox dad ah.

Soojeedino ama ogaysiisyo dheeraad ah:



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## Hubi Cadaadiska Dhiigaaga

Mid kasta oo kamid ah fariimaha hoos kuqoran wuxuu Muujinayaa qaabka aad "Kuhubin karto Cadaadiska Dhiigaaga".

Fadlan samee mid ama kabadan oo kamid ah arimaha soosocda:



Usheeg qof inuu hubiyo  
cadaadiska dhiigaaga.



Hubi cadaadiska  
dhiigaaga si iskaa ah.



Lasoco cadaadiska  
dhiigaaga si iskaa ah.



Qor oo lawadaag  
tirada kuusoo baxda  
dhakhtarkaaga.

Soojeedino ama ogaysiisyo dheeraad ah:



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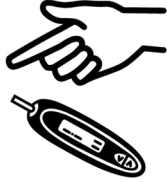
## Fahan Cabirka Sonkorta Dhiigaaga

Mid kasta oo kamid ah fariimaha hoos kuqoran wuxuu muujinayaa "Waxa ay tahay inaad Ka Fahanto Cabirka Sonkorta Dhiigaaga".

Fadlan samee mid ama kabadan oo kamid ah arimaha soosocda:



Iskabaar sonkorta sare ee dhiiga.



Lasoco tirsiga cabirka sonkorta dhiigaaga si joogto ah.



Tirsigaagu yuusan dhaafin heerka caafimaadka leh.



Raac talooyinka dhakhtarkaaga.

Soojeedino ama ogaysiisyo dheeraad ah:



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## Ogoow heerarka Korostaroolkaaga

Mid kasta oo kamid ah fariimaha hoos kuqoran wuxuu muujinayaa qaabka gaar ah ood "ku ogaan karto Heerarka Korostaroolkaaga".

Fadlan samee mid ama kabadan oo kamid ah arimaha soosocda:



Macluumaad kabaro  
kolostaroolka badan iyo  
caafimaadkaaga.



Iskabaar  
kolostaroolka badan.



Raac talooyinka  
dhakhtarkaaga.



Qaad talaabooyin aad  
hoos ugu dhigayso  
kolostaroolkaga.

Soojeedino ama ogaysiisyo dheeraad ah:



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# Iska Jooji Sigaar Cabida/Tubaako Cunista

Mid kasta oo kamid ah fariimaha hoos kuqoran wuxuu muujinayaa qaabka aad "Iskagajoojin karto Sigaar Cabida/Tubaako cunista".

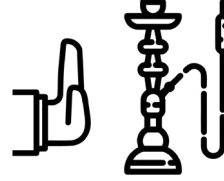
Fadlan samee mid ama kabadan oo kamid ah arimaha soosocda:



Kadheerow cabida  
sigaarka.



Kadheerow  
tubaako dhuqista.



Kadheerow cabida  
hookah.



Qabso jadwalka maain  
aad joojinayso sigaar  
cabista ama tubaako  
dhuqista.

Soojeedino ama ogaysiisyo dheeraad ah:



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## Raac talooyinka dhakhtarkaaga

Mid kasta oo kamid ah fariimaha hoos kuqoran wuxuu muujinayaa qaab aad "Uraacayso talooyinka dhakhtarkaaga".

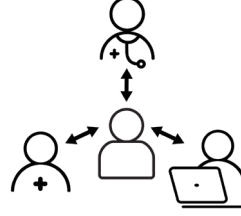
Fadlan samee mid ama kabadan oo kamid ah arimaha soosocda:



Lahadal  
Dhakhtarkaaga.



Dhagayso talooyinka  
dhakhtarkaaga iyo  
kooxdaada daryeelka  
caafimaadka.



Lahadal  
kooxdaada daryeelka  
caafimaadka.



Buuxi oo qaado  
daawooyinka lagu  
qoro.

Soojeedino ama ogaysiisyo dheeraad ah:



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