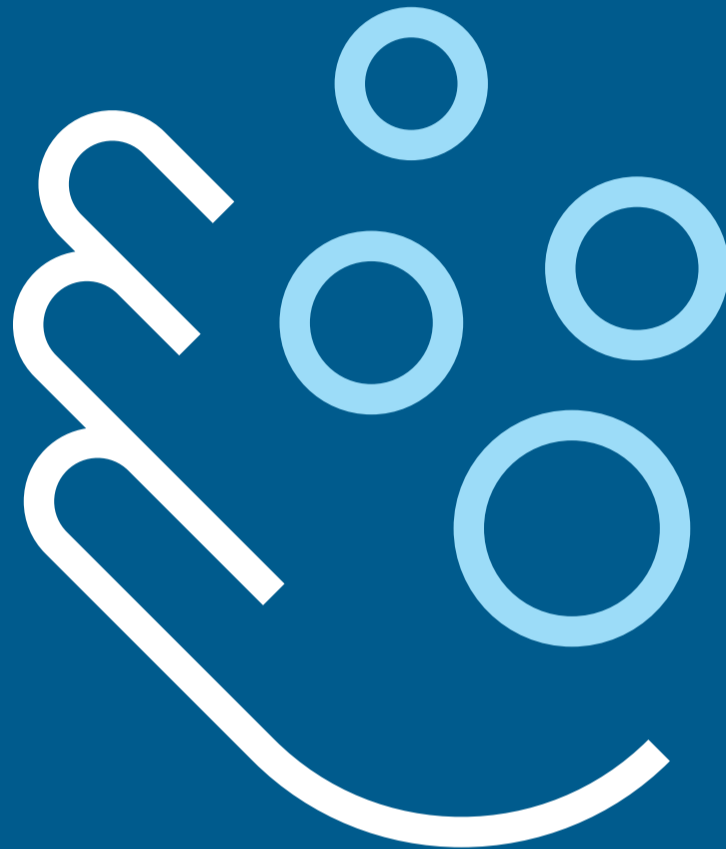


Nadaafadda gacmaha



Gacmahaaga si fiican ugu dhaq biyo iyo saabuun ama isticmaal gacmo nadiifiye, gaar ahaan:

- ✓ Markaad ka timaadid dibada, tusaale ahaan markaad ka timaadid goobtaada shaqada ama dugsiga
- ✓ Markaad guriga aado
- ✓ Booqashada musqusha kadib
- ✓ Kahor iyo ka dib cunista
- ✓ Ka dib markii aad tirtirato sankaga ama aad ku qufacdo / hindhisto gacantaada

Had iyo jeer dhaq gacmahaaga, halka aad ku isticmaali lahayd qalabka gacmaha lagu nadiifiyo, haddii gacmahaagu si muuqata wasakh u yihiin.