

Tallaabooyinka Kahortagga Kufidda

Inta badan Kufidda waa laga hortagi karaa

Raac tallaabooyinkan si aad uga hortagto simbiriyada, turanturada iyo kufid si aad u ahaato mid toosan oo aad ugu raaxaysato waxyaabaha madadaalada leh ee noloshu.

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1 Dhaqaaji jirkaaga

- ▶ La loollan dheelitirkaaga oo ku dhis xoog iyo dabacsanaan dhaqdhaqaaq jireed oo joogto ah.
- ▶ Ku xooji xasilloonidaada iyo iskudubaridka waxqabadyada sida socodka, dabbaasha, xarag jiidis.
- ▶ Kordhi xowliga dhaqdhaqaaqa jirkaaga wakhti kadib si aad u dhiso muruqyo xooggan.

2 Horumari caafimaadkaaga

- ▶ Si joogto ah ugu fiirso daawooyinka dhakhtarkaaga mise farmashiistahaaga, oo kala hadal wixii waxyeello ah sida dareenka dawakhaad mise hurdo.
- ▶ Si joogto ah ula soco caafimaadka indhahaaga iyo maqalkaaga.
- ▶ Sii wad waxqabadyadaada bulsho.
- ▶ Si joogto ah u nadiifi ilkahaaga iyo ciridkaaga. Cun cunto nafaqo leh si aad u ahaato mid jir qoyan.

3 Saar khataraha

- ▶ Kadhig sagxadahaaga iyo dariiqyada kuwo aan xafash lahayn.
- ▶ Ku rakib musqusha biraha la cuskado.
- ▶ Isticmaal biraha la cuskado ee jaranjarada oo shid nalalka jaranjarooyinka oo dhan.
- ▶ Xiro kabo aan lagu simbiririxanayn oo ku caawiyo gudaha iyo dibaddaba.



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