




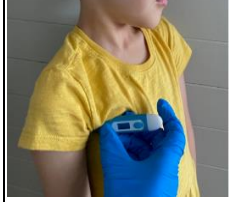






Noocyada Heerkulbeegyada ee loogu talagalay Daryeelka Ilmaha

<p>Sidee ayay u shaqeysaa?</p>	<p>Heerkulbeegga Xiriirka Aan lahayn</p>  <p>Wuxuu ogaadaa heerkulka foodda hore ee madaxa isagoo cabbiraa kulanayka/tamarta shucaaca ee ka soo baxaya jirka.</p>	<p>Heerkulbeegga Goonjabka</p>  <p>Waxa uu cabbiraa heerkulka maqaarka oogada sare ee halbowlaha goonjabka ee madaxa.</p>	<p>Heerkulbeegga Dhijitaalka ah</p>  <p>Waa in la isticmaalo hal isticmaal, daboolka la tuuri karo ee saaran heerkulbeegga mar kasta oo heerkulka la qaadayo.</p> <p>Waxaa uu heerkulku ku cabbiraa xiriir toos ah.</p>
<p>Xagee ayaan ku isticmaalaa?</p>	<p>Ku fiiq barta foodda hore ee madaxa</p> 	<p>Taabo bartamaha foodda hore ee madaxa oo si toos ugu iskaangaree xariiq toosan kadibna u gudub xariiqda timaha.</p>  <p>Hoos ha ugu qalocin ilaa goonka ama waxaad seegaysaa halbowlaha goonjabka, kaas oo kor ugu yaal foodda hore ee madaxa.</p>	<p>Gacanta hoosteeda (habka kilikisha): Geli caarada heerkulbeegga iayadoo si toos ah ula xiriirta maqaarka kilikilaha hoostooda.</p>  <p>Afka gudahiisa (qaabka afka): <u>Loogu talagalay carruurta da'doodu tahay dugsiga barbaarinta iyo ka weyn oo kaliya.</u> Saar caarada heerkulbeegga carrabka hoostiisa.</p> 
<p>Sidee ayaan u nadiifiyaa oo jeermiskana ugu dili karaa?</p>	<p>Isticmaal masaxaha aalkahoolka si aad u jeermiska ugu dishid heerkulbeegga ka hor inta uusan qof kale ku hawlgalin.</p>	<p>U isticmaal masaxaha aalkahoolka (ugu yaraan 70% aalkolo) si aad jeermiska ugu dishid heerkulbeegga inta u dhaxaysa baaritaanka heerkul kasta.</p>	
<p>Miyaan u baahanahay inaan isticmaalo galoofyo?</p>	<p>Maya. Maadaama aysan jirin wax xiriir ah oo aad la leedahay canug, maaha inaad xirato galoofyo ama aad jeermiska ka dishid heerkulbeegga inta u dhaxaysa baaritaanka heerkulka canug kasta.</p>	<p>Haa. Sababtoo ah waxaa jira xiriir toos ah oo lala yeelanaayo ubadka, isticmaal galoofyada haddii la heli karo, AMA samee nadaafadda gacmaha inta u dhaxaysa baaritaanka heerkul kasta.</p>   	
<p>Dhib malaha heerkulbeegga aad adeegsatid, mar kasta raac tilmaamaha soo-saaraha.</p>			