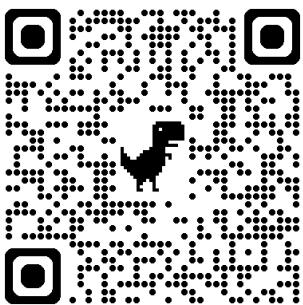


Haddii taasi ay waxtari wayso, qiimayn darteed la xiriir aqoonyahanka jimicsiga ilmaha buka.



Buugani yar waxaa soo saaray Golaha Isbahaysiga farsamayaqaanada muruqgoynka/jimicsiga bukaha ee dalka Norway ee daawaynta ilmaha - iyo dhallinyarada, la cusbonisiisay 2013, 2017 iyo 2019, 2022. Sawirka: Marit Bjørlykke.

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Skjevt hode og favorittside Madax qalloocan iyo dhinacyada la doorbido

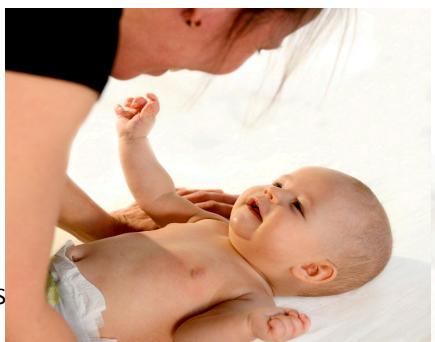
Markii ilmaha ay jiifaan sidii looga hortago dhimashada lamafilaanka ee dhallanka waxaa lagula talinayaa in¹. Ilmaha dhallanka ah saacado badan ayay maalin kasta hurdan. Ilmaha qaarkood waxay jecel yihii in ay u seexdaan iyagoo wejigooda hal dhinac ku abaaro. Ilmaha waxay badi ahaan u jeestaan dhinaca shanqarta, sida codka, wejiga ay garanayaan iyo codadka dadka. Lafaha ilmaha dhallanka ah way jilicsan yihii waxaana qaabeeyo riixida madaxa ee jirka intiisa kale 2. . Haddii ilmaha mar kasta u jiifsadaan madaxa oo isku dhinac ah, wuxuu qaabkaas sababi karaa madax qalloocan iyo kala duwanaanshada dhinacyada iyo farqi dhinaca dambe ah oo u dhexeeya xoogga muruqyada qoorta iyo dhaqdhaqaaqa². Taasoo loo yaqaano dhinaca la doorbiday.



Markii ilmaha ay soo jeedaan waa muhim booska ay u nugleeyaan sidiik kor loogu qaado horumarka kartida dhaqaaqa jirka ee wanaagsan oona looga hortago dhinaca la doorbidayo. Waa muhim in ilmaha la siiyo fursad ay u jiifsadaan dhinaca caloosha, dhabarka iyo dhinacyada sidi ay ku helaan khibrado dhaqdhaqaaqa kala duwan.³.

Sidee baa looga hortaga madaxa iyo qoorta qalloocan?

- Ilmaha si xeeladaysan qolka dhexdiisa ugu meeley, marka laga eego iftiinka, ilaha dhawaaqa iyo alaabta qolka. Ilmaha sii fursad u kolba labada dhinac madaxa dhigo.
- Markii ilmaha aad jirkaaga ku sido ama aad naas-nuujinayso/cunto siinayso kolba dhinac ku meeley, kana beddel halka u ku meelaysana.
- Sidii cunugga u helo noocyoo kala duwan iyo kicin ka dhig madaxa sariirta kolba dhinac.
- Bilowga arrin sahan ma ahan in ilmaha u seexdan dhinaca caloosha, sidaas awgeed waxaa maalin kasta wanaagsan in qaddar yar kolba dhinac loo seexiyo, sida tusaale markii xafaayadda laga beddelayo. Kaddib kolba inyar kordhi muddada ay u jiifsadaan dhinaca caloosha.
- Markii ubadkaaga u ku sugan yahay boos usan jeclayn waxaad siin kartaa inyar oo taageero ah adigoo gacmahaaga saara miskaha ubadkaaga ama ubadkaaga ka caawina in u dhudhultiisa hoos dhigo. Ilmaha dhallanka ah waxaa lagu dhiirigeliyaa iyadoo wejigaaga u muuqdo.
- Sida loola qabsiyo meelaynta ugu nugulsan awgeed waxaad ubadkaaga saari kartaa calooshaada adigoo isla markaas dhinaca dhabarka u jiifo.
- Dhinac ku meelaynta waa ku meelayn heer sare ah oo ku habboon ciyaar-carruureed iyo Isdhexgalka.



Haddii madaxa ubadkaaga u qalloocdo oona u leeyahay dhinac u doorbido maxaa ka qaban kartaa?

- **Markii cunugga u hurdo** isku day inaad wejigiisa ka jeediso dhinaca u doorbido. Dhinaca u doorbido waxaad adigoo isticmaalayo shukumaan/buste, u dhigta sintaa iyo garbaha hoostooda, sidaas ayaa miisaanka jirka oo idil ugu soo weecin kartaa dhinaca u doorbido, isagoo islamarkaas dhabarkiisa xiga dhinaca sariirta iwm.

- **Markii cunugga u soo jeedo**, ka feker bedbedelaadda dhinaca wejigiisa u jeedsan yahay ⁴.

- Markii ilmaha aad garbahaaga ku sido: Ilmaha u ximbarso qaab madaxiisa aad ka weecinayso dhinaca u doorbido .



- Cunugga u ximbarso sidii dhinaca u doorbido u kugu soo jeedsado.
- Ubadkaaga u meeley qaab u ugu soo jeesto dhinaca u doorbido sidii adiga ku fiirsado ama u la socdo dhaqdhaqaqaista ama codka qolka.
- Gacanta u dhig fiirogaar-siinta ubadkaaga, waxaana siisa fursad u madaxiisa ku abaaro bartamaha iyo meel ka fog dhinaca u doorbido.
- Markii adiga iyo ubadkaaga isdhexgal ama ciyaar-carruureed samaynaysaan: adiga isku meeley dhinaca aad doonayso in ubadkaaga u madaxiisa u soo weeciyoo, hadal, dhooll cadeey iyo isticmaal walxaha carruurta ku ciyaraan, sii ubadkaaga u hab firfircooni madaxiisa jihadaada u soo jeediyo awgeed. Haddii cunugga usan awoodi karin in madaxiisa u soo jeediyo ka caawin adigoo hab xasilan gacantaada isticmaalo.

- Sidii hoos loogu dhigo muddada riixida qaybta siman ee madaxa oona murqaha la xoojiyo, waa in maalin kasta ugu yaraan saddex jeer aad ubadkaaga siiso fursad u calooshiisa ku jiifsado. ⁵.