



SAHAMINTA SII KSOCOTA

SAHAMINTA MICROBES-KA

Maxaad ka ogaatay sida saabuunku u saameeyo basbaaska? Maxaad u malaynaysaa inay taasi uga dhigan tahay gacmaheenna oo la maydho ama saabuun lagu maydho.

Ana Maria waxay isticmaashaa farshaxankeeda farshaxanka si ay uga caawiso inay fahamto microbes siyaabo cusub. Jeermisku runtii wuu qurux badnaan karaa haddii aad waqti u qaadatid si aad u eegto. Isku day sameynta farshaxanka ku saleysan sawirka microbe-ka hoose (ama raadinta koray ee sawirada kale microbe). Waad ku sawiri kartaa booska hoose, ama xitaa rinji ama farshaxan adoo adeegsanaya farshaxanka ama waxyaabaha farsamada gacanta ah ee aad ku haysato gurigaaga.

