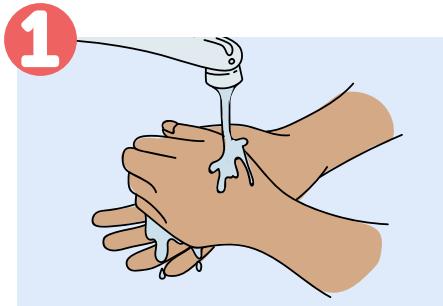


SIDA LOO ISTICMAALO WARANKIILADA QUBEYNSKA

Warankiilada qubeyska waxay caawisaa yareynta tirada bakteeriyo ee maqaarka si aysan canbaarto aysan u caabuqin. Qubeysyada warankiilada waxaa loo isticmaali karaa in lagu maareeyo cambaarta carruurta iyo dadka waa weyn.



Ka hor intaadan bilaabin dhaq oo qalaji gacmahaaga.

Waxaad u baahan doontaa:

- Tuubada qubeyska ama qubeyska ilmaha
- Biyo diiraan
- Baaldiga guriga oo 10L ah
- Warankiilada White King guriga ee aan la carfin - 12mL ee 10 kii litir ee biyaha ah
- Saliida qubeyska - 1-2 fur buuxa oo qubeys haddii lagu taliyo
- Cusbada miiska ama berkada – 1/3 oo 10 litir oo biyo ah haddii lagu taliyo



Ku buuxi qubeyska biyo ilaa heerka loo baahan yahay adoo isticmaalaya baaldi 10 litirle ah si aad u cabirtid inta biyo ee aad ku dareysid.



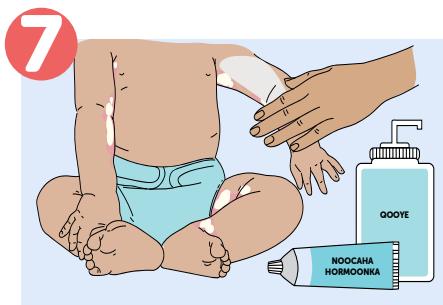
Ku dar 12mL ee kasta oo warankiilo ah 10 ka litir ee biyaha ah ee lagu shubo qubeyska (qubeys ka qoyska oo kala bar buuxa, ku dar 1/4 oo ah koob warankiilo]. Haddii lagu taliye ku dar cusbo iyo saliida qubeyska.



HADDII LAGU TALIYO
Ku dar 1/3 oo koob cusbo ah baaldiga 10 litir kii kasta ee biyo ah ee lagu shubay qubeyska.



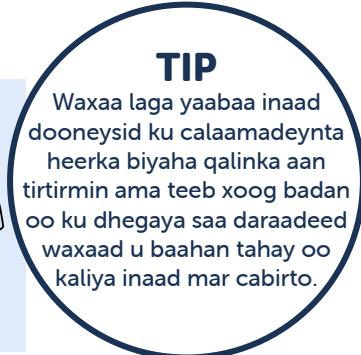
Ugu qabee ilmahaaga qubeyska adoo hubinaya inaad qoysa ilmaha wejigiisa iyo madaxa, adoo ka taxadaraya inaadan biyo gaarsiin ilmaha indhihiisa.



Haddii ilmahaagu qabo nabarada cambaarta iyo qolfo, si debecsan u nadiifi goobahan si aad isugu daydo oo aad ugu qoysa qolofta.

Islamarka ilmahaagu uu nadiif noqdo, ka bixi qubeyska warankiilada – ha biyo raacin ilmahaaga ka dib markuu qubeysto. Ku qualaji ilmahaaga adoo si tartiib ah u maraniya shukumaan.

Mari nooca hormoonka ah iyo qoysada sida uu kuu tilmaamay Xirfadlaho kalkaalizada ama dhakhtarka.



TIP

Waxaa laga yaabaa inaad dooneysid ku calaamadeynta heerka biyaha qalinka aan tirtirmiin ama teeb xoog badan oo ku dhegaya saa daraadeed waxaad u baahan tahay oo kaliya inaad mar cabirto.