

# Ma dareemaysaa culays?

Kala hadal qof dareemaya fikradahaaga iyo dareenkaaga.



Khadka nolosha isdilka iyo qalalaasaha ee 988 wuxuu bixiyaa fursad ay ku helaan xirfadlayaal tababaran oo ka caawin kara dadka la kulmo dhibaatooyinka caafimaadka dhimirka ama isticmaalka muqaadaraadka.

Wac 988 hadda haddii aad u baahan tahay in lagaa caawiyo mid kamid ah kuwan soo socda:

- Fikradaha isdilitaanka
- Cabitaanka khamri badan
- Istimalka daroogada
- Dareemitaanka niyad-jabka
- Latacaalitaanka dhibaato maskax ahaaneed

