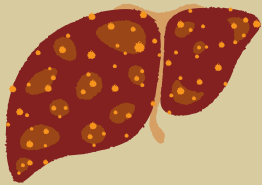


# Cagaarshow B Ma Takooro

Qof kastuu saameyn karaa cagaarshowga B

Cagaarshowga B wuxuu ka mid yahay infekshanada ugu badan aduunka, saameeyaana 300 milyan oo qof addunka oo dhan



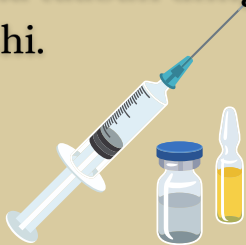
Cagaarshowga B joogta ah, oo aan la daweyn ayaa dhaawici kara beerkaaga, ugu dambeyntana keena cudur beerka ku dhaca iyo kansarka

Badanaa, cagaarshowga B wax calaamado ah ma muujiyo. Mararka qaar, calaamaduhu ma soo baxaan toboneeyo sano! Hadii aan cagaarshowga B la daaweyn waqti dheer, khatartaada cudurada beerka iyo kansarka ayaa aad u sarreysa.



Maadaama cagaarshow B uu qaadan karo sanado badan in calaamadahiisa muujyo, is baarista waa muhiim. Sida kaliya ee aad ku ogaan karto inaad qabto cagaarshow B waa is baaritaan. Lahow ama ha lahaanin calaamadihiisa, waa muhiim in la iska baaro

Si aad u yareyso qatarta cagaarshowga B, ha la wadaagin alaabaha nadaafada guriga (daabka lagu xiirto, cadeyga, iwm) mark walba xiro wax aad isku ilaaliso waqtiga galmada, weligaa ha la wadaagin cirbadaha iyo qalabada caafimaadka ee la isticmaalay, hana taaban dhiiga qof kale adigoo xiran gacmo gashi.



Waxaad sidoo kale naftaada ka ilaalin kartaa cagaarshowga B adigoo qaadanaya tallaalka. Waa ammaan waxtarna leh. Weydii dhaqtarkaaga sidii aad isaga talaali laheyd cagaarshowga B.

La wareeg mamulka caadifimaadkaaga maanta!. Diinta Islaamka waa muhiim inaad caafimaadkaaga difaaco si adigoo caafimaad qaba aad u cibaadeysato. Ha sugin in calaamadaha ay soo baxaan ka hor inta aanad is-baarin oo aadan is tallaalin si aad naftaada uga ilaaliso cagaarshow B.