

Guddiga Qorshaynta Sare ee Dugsiga Sare ee Jefferson Xeerka Anshaxa

Waxa Laga Filayo Habdhaqanka Xubinta Guddida

Ku dadaal inaad ka qaybgasho kulan kasta, inaad ku timaaddo wakhtiga, oo aad u diyaargarowdo.

Haddii aad ogtahay inay qasab tahay inaad maqan tahay, la tali shaqaalaha taageerada guddiga.

Ha ku dhaleecayn xubnaha guddiga, xubnaha shaqaalaha, xubnaha guddiga kale, ama muwaadin kasta meel fagaare ah. Waraaqaha iyo iimaylada loo diro shaqaalaha degmada ama sarkaal kasta oo la doortay waa dukumeenti dadweyne.

Hadal marka uu aqoonsado fududeeyuhu. Haka dhex gelin ama ha galin wada sheekaysiga dhinac marka xubin kale oo guddi ahi hadlayso.

Ahow mid kooban oo meel gaadh ah.