

1)

Jooji faafidda jermiyada adiga iyo dadka kale u keena cudurka!

2)

# Dabool Afkaaga markaad Qufacayso

3)

Ku dabool sankaa iyo afkaaga tiishuga (waraaqda nadaafadda) markaad qufacdo ama hindhiseyso

*ama*

4)

Ku qufac ama ku hindhisoo qaybta gacanta sare ee maradaada, oo ha ku qufacin ama ha ku hindhisin gacmahaaga.

5)

Warqadda tiishuga aad isticmaashay ku tuur dambiisha qashinka.

6)

# Nadiifi Gacmahaaga

kadib markaad qufacdo ama hindhisto.

7)  
Iskaga dhaq saabuun iyo biyo diirran illaa 20 ilbidhiqsi.

*ama*

8)  
ku nadiifi nadiifiyaha gacmaha ee alkolada ka sameysan.

9)  
Minnesota Department of Health  
(Waaxda Caafimaadka ee Minnesota)  
717 SE Delaware Street  
Minneapolis, MN 55414  
612-676-5414 or 1-877-676-5414  
[www.health.state.mn.us](http://www.health.state.mn.us)

10)  
Iskaashiga La-Qabsiga Antibayootigga Minnesota