

Wac xafiiska dhaqtarkaaga si aad...

- Ilaali jadwalka tallaalka caruurta. Haddii tallaalka la daahiyo waxaan wajihi kartaa dilaaca cudurada laga hortagi karo sida jadeecada.
- Caawimaad u hel ilmahaaga ama dabeecadda da'yarta ama isbadalada niyadda.
- Caawi in aad tilmaantid adeegyada cuntada, guryaynta, iyo baahiyaha kale.
- Weeydii su'aalaha kusaabsan cunitaanka, hurdada, kaadida ama saxarada.
- Ogoow haddii uu ilmahaada u baahan yahay ballan.

Rugaha caafimaadka way is badaleen si ay kuu badbaadiyaan:

- Booqadasha telefoonka ama fiidiyoowga
- Albaabka laga galo ama qolal u gaar ah booqashooyinka dhalaanka.
- Nadiifin dhamaystiran inta bukaanka kale soo galin.
- Waxaad waqti yar ku sugi doontaa qolalka sugitaanka ama waqtiga kuma qaadan doontid qolalka sugitaanka.
- Dad yar ayaa joogo rugta caafimaadka.
- Waxaa jira doorasha gaarigaada aadan ka dagayn.



Wac rugta caafimaadka ilmahaada si aad ballan u dhigatid. Haddii aad u baahan tahay in lagaa caawiyo helitaanka rug caafimaad, wac nambarka **Help Me Grow Washington ee ah **1-800-322-2588****