

# KA-BADBAAD KULAYLAHA

Kulayluhu wuxuu dilaa Australian ka badan intay disho musiibooinka dabiiciga ah.



## BIYO CAB

Xataa Haddii aadan dareemayn inaad ooman tahay, biyaha cab. Mar kasta wado dhalo biyaa.



## BAABUURTA KULUL WAA DILAA

Hawga tegin carruurta, dadka waayeelka ah ama rabaayadaha baabuurta dheddoona. Heer-kulka baabuurka baarki-garaysan dhexdiisa wuu laba jibaarmaa daqiqaddiiba.



## IS-QABOOJI

Raadso dhismaeyaasha leh air-condition-ka, sii daa balayndhisyadaada, adeegso marawaxadda, qaado qubayska qabow gasho dhar khafiif ah oo aan adkayn oo laga sameeyey dunta dabiiciga ah.



## HORE USII QORSHAYSO

Ku habee nashaadyada qaybaha qabow ee maalinta iskana ilaali jimicsi ku samaynta kulaylaha dhexdiisa. Haddii ay tahay inaad dibadda u baxdo, gasho koofiyad iyo sunscreen

## HUBI DADKA KALE

La soco dadka khatarta ugu jira kulayla - dadka deriskaaga ah oo keligood nool, dadka waayeelka ah, dhalinyara, dadka xanuunsan, hana ilaawin xayawaankaaga rabaayadaha ah.

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KA eeg [betterhealth.vic.gov.au](http://betterhealth.vic.gov.au)

Wixii macluumaad dheeraad ah ka eeg Better Health Channel. Ka wac NURSE-ON-CALL taleefanka 1300 60 60 24 Ama u tag dhaqtarkaaga Haddii aad xanuunsan tahay. Markii wax degdeg ah jiraan, ka wac 000.

**VICTORIA**  
State  
Government