

## Tilmaamaha sida saxda ah ee loo isticmaalo ilaaliyaha Afka - Sanka (MNS)

### Nadaafadda jeermis dilaha Gacmaha



- Istimaal qadar badan oo jeermis dilaha Gacmaha ah
- Ilaali wakhtiga dhaqangalka
- Ku dar dhammaan agagaarka Gacmaha iyo curcurka

**Haddii kale baakadka oo dhan wuu wasakhoobay!**

### Ka soo saar MNS baakadka



### Tilmaamaha MNS



- Afka iyo Sanka si dhamaystiran ugu dabool MNS
- MNS hubi:  
Moodelka xarigga: xagga dambe ee Madaxa iyo kuna adkee luqunta hoosteeda  
Moodelka laastiiga: ku xidh dhagaha gadaashooda
- Birta qeybta sare ah Sanka ku riix, si uu MNS u sugnaado

### Siibidda MNS



- Nadaafadda jeermis dilaha Gacmaha
- Xargaha fur ama xargaha ceyngeriga ah siib
- MNS dhinaca hore u siib
- MNS ku tuur qashin-qubka daboolka leh, oo lagu furi karo lugta
- Si cusub nadaafadda jeermis dilaha Gacmaha

### Beddel booska MNS lagam maaraan?



-> Jeermiska Gacmaha oo la nadiifiyo ka hor iyo ka did falgal kasta oo lagu sameeyo MNS!

### Sababaha loo beddelayo MNS

Inta la qabi karo MNS waa mid isbeddela. Waxay ku xirantahay waxqabadka, waxayna ku kala duwanaa karaan in u dhaxaysa dhowr daqiiqo iyo dhowr saacadood.

MNS waa in la beddelaa:

- Hadduu qoyo
- haddii dhanka kore waskhoobay (Dhiig, Matag...)
- kadib marka laga baxo Qolka go'doonka ama aagga go'doonka
- kahor inta la galin ama lagu noqon Qolka go'doonka

### Digniin

- MNS yaan dhinaca hoose loo furin kadibna yaan la gashan
- MNS yaan lagu xidhin qoorta
- MNS yaan si yar dhinac loogu riixin, si sharaab loo cabo

