

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

10)
Iskaashiga La-Qabsiga Antibayootigga Minnesota