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| Isbedelka Cimilada iyo caafimaadka  Dadka badankiis waxay u malaynayaan isbedelka cimilada inay tahay arrin bay’adeed.  Laakiin Hay’ada Caafimaadka Adduunku waxay ku dhawaaqday in arrintani tahay khatarta ugu weyn ee caafimaadka qarniga 21aad.  Isbedelka cimiladu waa dhibaato degdeg ah siyaalla badan, hadda iyo mustaqbilkaba.  Durba, waxaan aragnay kor u kaca waxyaalla aad u daran sida kulaylaha mawjadaha, daadad iyo dabka kaymaha.  Dhacdooyinkaasi waxay saamaynayaan caafimaadkeena, waxay khatar gelinayaan cuntooyinkeena iyo helitaanka biyaha, waxay wasakhaynayaan hawada aan neefsano. Kuwaan dhamaantood waxay waxyeellayaan caafimaadkeena jireed iyo maskaxeed.  Laakiin kulli maaha ka dar oo dibi dhal. Waxaa jira waxyaalla aad u sahlan oo aan samayn karo si aan uga xafidno nafteena iyo kuwa aan jecelahay saamaynta isbedelka hawada.  Qaybta ugu fiicnina waa, waxay naga caawin in aan caafimaad qabno isla markaana aan dhaqaale beekhaamino!  Tusaale ahaan, waxyaallaha ay ka midka yihiin socodka, halkii gaari laga wadi lahaa; cunida cunto uu ka buuxo furut, khudaar iyo waxa miraha ka yimid; hoos u dhigida qadarka cuntooyinka la warshadeeyey lana baakadeeyey; iyo doorashada biyaha tuubada halkii caagada iyo kuwa la macaaniyey la cabi lahaa. Maaha keliya in hoos loo dhigo saamaynta bay’ada, balse wanaajinta samaqabka jireed iyo tan maanka.  Waa muhiim in la eego kuwa aad khatarta ugu jira saamaynta degdegta ah ee isbedelka bay’ada, sida carruurta, dadka waayeelka ah, dumarka uurka leh iyo dadka qaba jirooyinka daba-dheeraada.  Kulligeen qayb ayaan ka qaadanaa. Isbedelka caafimaadka iyo cimiladaa – maanta wax ka qabo si aad berri caafimaad u hesho. |

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