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| Isbedelka Cimilada iyo Caafimaadka - Caafimaad qabka ka jira jawiga isbeddelaya  Caafimaadkeenu wuxuu ku xiran yahay bay’ada aan ku noolnahay, sidaas darteed sidee u ahaanaa kuwa caafimaad qaba cimila isbedelaysa?  Wanaagsan, inta lagu jiro mawjadaha kulaylka, qorshay oo joog meel qabow haddii aad awoodo.  Cab biya badan, qofna ha uga tegin gaariga xaqiijina inaad ka hubiso kuwa kale, khaasatan carruurta iyo dadka waaweyn.  Dabaalashadu waa wax fiican oo laysku qaboojin karo laguna firfircoonaado, laakiin qof walbaa wuxuu u baahan yahay inay qaybtiisa qaato si biyaha loog adhigo kuwa ka maran jeermiska.  Ahaw dabaashe caafimaad qaba adiga oo ku qubaysanaya saabuun ka hor inta aadan dabaalan kuna dhaqaya gacmahaaga markaad ka soo baxayso musqusha. Hana dabaalan 14 berri marka uu kugu dhaco shubanku.  Bakteeriyada sida Salmonella ayaa ku baraartaa diirimaadka, sidaas darteed ka taxadar markaad diyaarinayso, dhigayso ama bixinayso cuntada khaasatan xilliga kulaylaha ee bilaha kulul.  Di’ida roobka tirada badan iyo daadadku waxay abuuraan xaallado u wanaagsan kaneecada qaada cudurka.  Iska ilaali qaniinyada adiga oo isku daboolaya dhar kaa badbadan oo isticmaalaya daawada lagu buufiyo jirka intiisa banaan.  Meesha ka saar biya kasta oo fadhiya agagaaraha gurigaaga halkaas oo kaneecadu ku baraari karto.  Ku sugnow caafimaad cimiladaan isbedelaysa – maanta wax samay si aad berri u caafimaad qabto. |

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