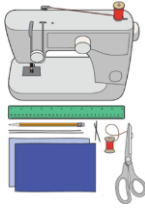


Sida Guriga loo gu Samaysto Maaskaro

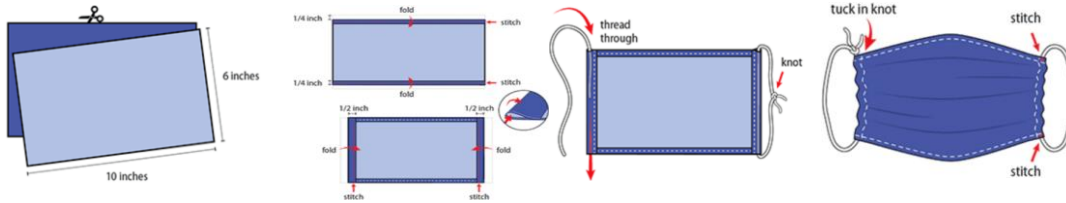
Sida dharka looga tosho maaskaro

Agabka:



- Laba maro oo dun ka samaysan oo qaab afar gees ah u samaysan cabirkoodu yahay 10" x 6"
- Laba laastiig oo dherarkoodu yahay 6" balacooduna yahay 1/8-iinj (laastiiga timaha lagu xirto, maro kala jiidmaysa sida laastiiga, ama laastiiga caadiga ah)
- Cirbad ama biinka timaha lagu xiro
- Mashiinka dharka lagu tolo
- Maqas

Talaabooyinka:



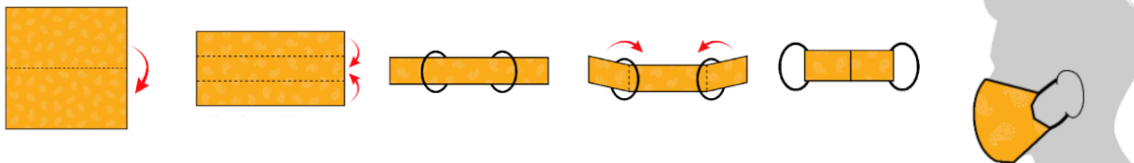
1. Marada afar geesta ah laba qaybood u kala jar oo midkii ba yahay 10-iinj x 6-iinj oo ka samaysan dun,
2. Labada dactal ee dheer soo laab qiyaas ah 1/4 iinj si hadhaw laastiigu u dhex galo. Labada dactal ee gaaban na soo laab qiyaas ah 1/2 iinj ka dib na dhex gali laastiiga.
3. Dhex gali labada dactal ee kii kastaa yahay 6-iinj, laastiiga. Kani wuxuu noqon doonaa dacalka aad hadhaw ku xiri doonto dhegta. Cirbad weyn isticmaal ama biin si uu u dalooliyo. Hadaad isticmaasho laastiig dactalada si fiican ugu adkee.
4. Kala jiid markaad isku dhejiso si aad u hubiso in marada iyo laastiigu isku dhajisan yihiin. Soo qaad maaskarada oo ku qiyaas wajigaaga. Hubi in uu si fiican kuu leeg yahay si aanu hadhaw kaaga siiban.

Dhaqso, Maaskarada aan u baahnayn in la tolo

Agabka:

- Masar (ama maro afar gees ah qiyaasteedu na tahay 20" x 20")
- Laastiig (ama laastiiga timaha lagu xiro)
- Maqas (waa hadaad rabto in aad maro ka sameysato)

Talaabooyinka:



1. Isku laab masarka si is leeg
2. Dacalka kore soo laab oo dhexda keen. Dacalka hoose na soo laab oo dhexda keen.
3. Labada laastiig ha isku jireen qiyaas ah 6 iinj.
4. Dhex gali laastiiga marada.

Sources:

CDC - <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>