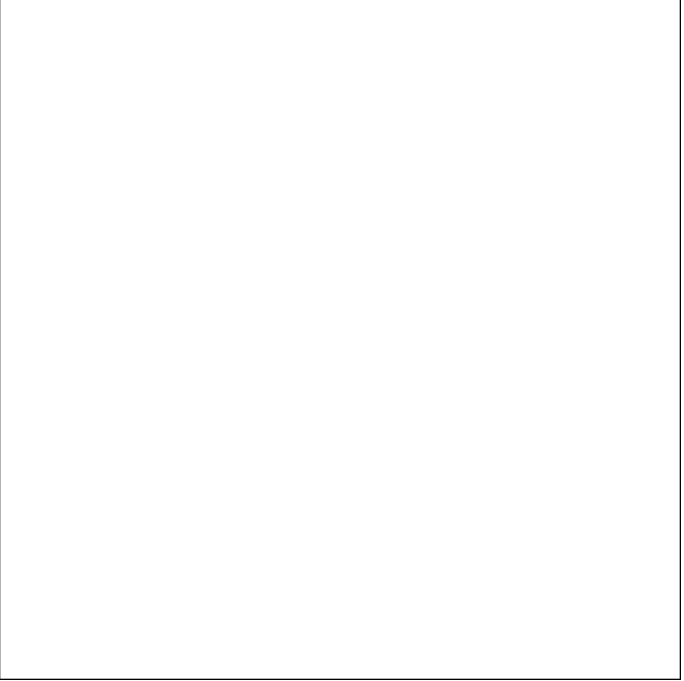






Dhalmada






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|| 4
😊 Soomali! 



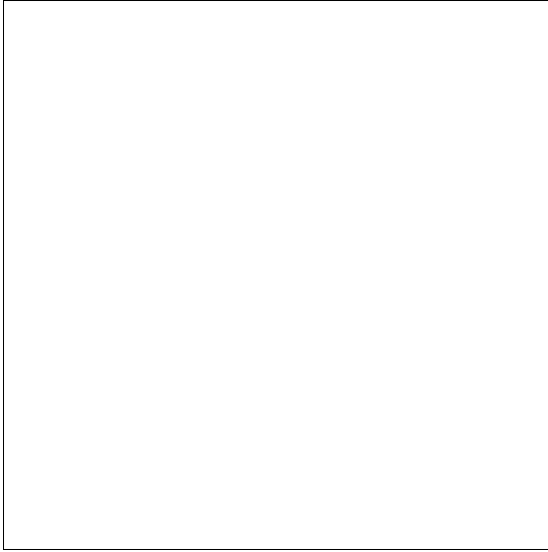
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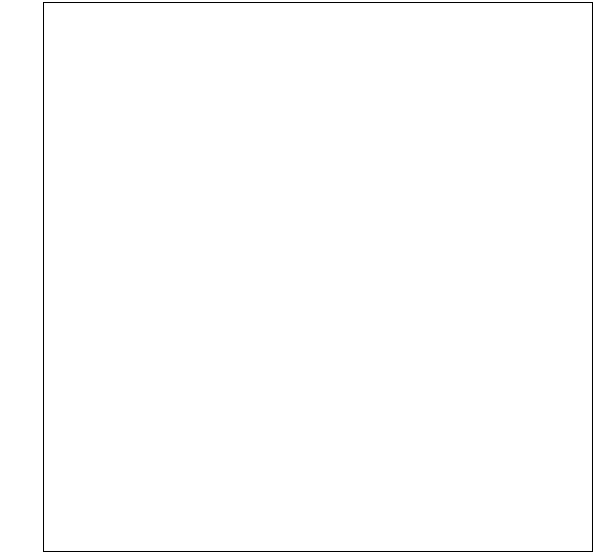
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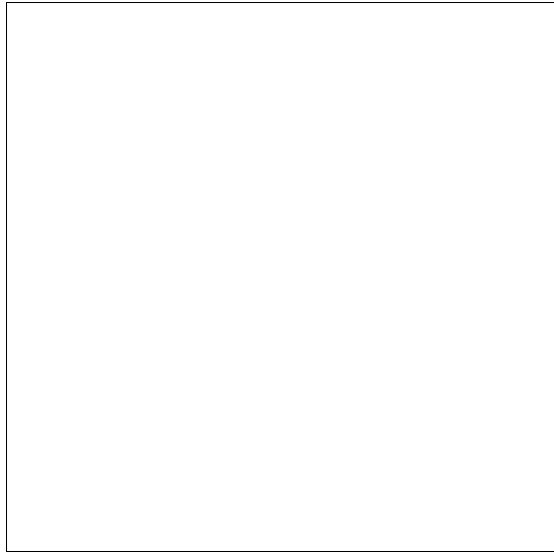
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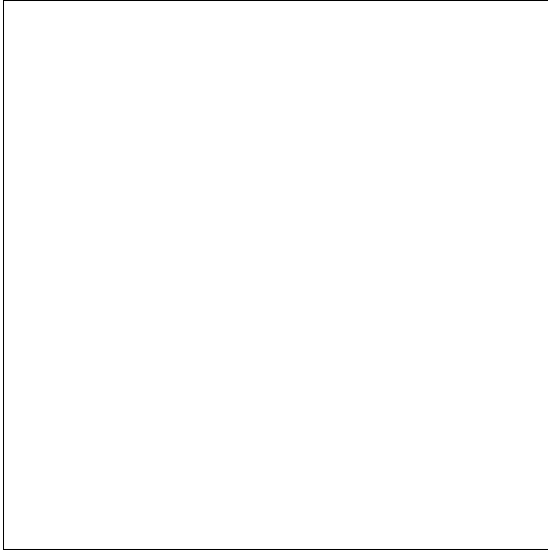
Selamawit waa 29 jir. Ilmaheedii ugu horreeyay ayay ku dhashay dalka Eritrea. Ayada iyo qoyskeeda ayaa halkaas waqti adag kala kulmay, markaas ayay go'aansadeen inay Talyaaniga aadaan.



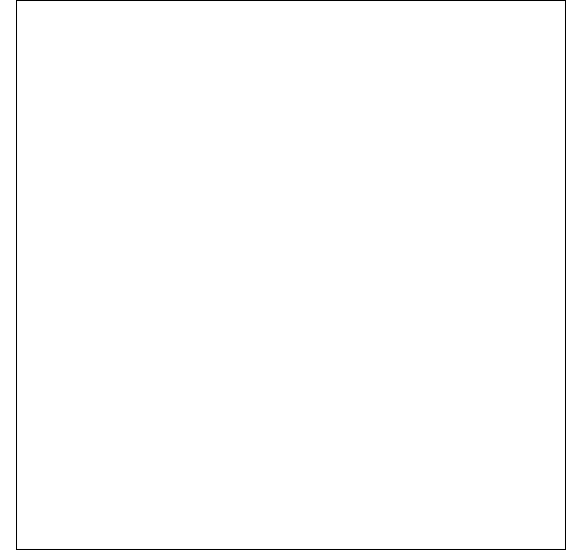
Inga waxay ka tagtay guriga wax yar ka hor in taanay gaarin 19 jir. Waxay u gurtay Norway waxayna halkaas ku dhashay cunuggaadii ugu horreeyay.



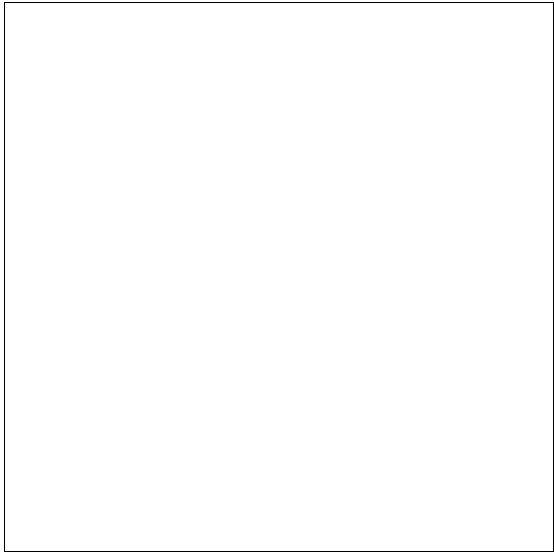
Labada haweenba waxay dhaleen ilmo caafimaad qaba. Selamawit waxay dhashay wiil kale, halka Inga ee leedahay gabadh. Nimanhooduna aad bay ugu faanyaan, oo qof kasta oo ay garanayeen ayay u sheegi jireen kaasas kooda xoogga badan iyo carruurtooda caafimaadka qaba.



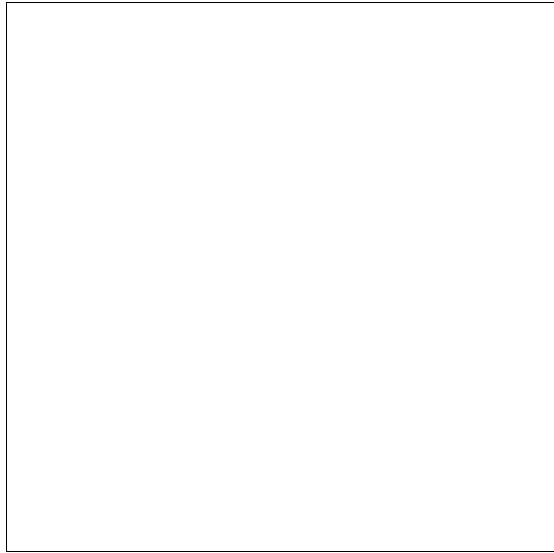
Markii Selamawit ay uur yeelatay ilmaheedii labaad, waxay la yaabtay sida ay noqon doonto haddii ay ilmo waddan kale ku dhasho.



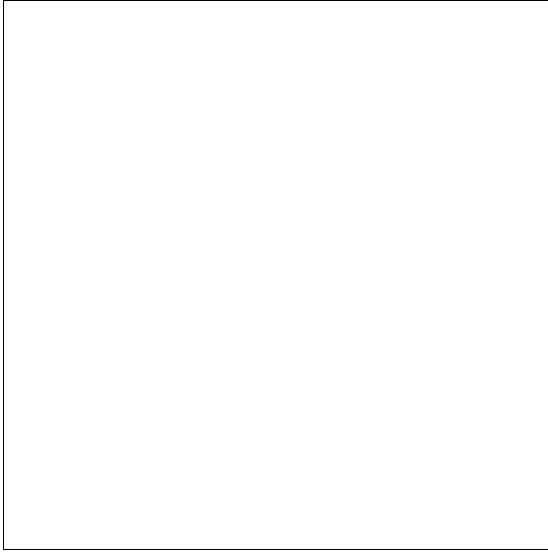
Inga iyo dhakhtarkeedu waxay ku heshiiyeen inay la kulanto ummuliso si ay u hesho baaritaan joogto ah inta ay uurka leedahay. Ummulisada ayaa siisay talooyin ku saabsan cuntada iyo nasashada, iyo macluumaadka ku saabsan sidii ay nafteeda iyo ilmaheedaba u ilaalin lahayd una badbaadin lahayd.



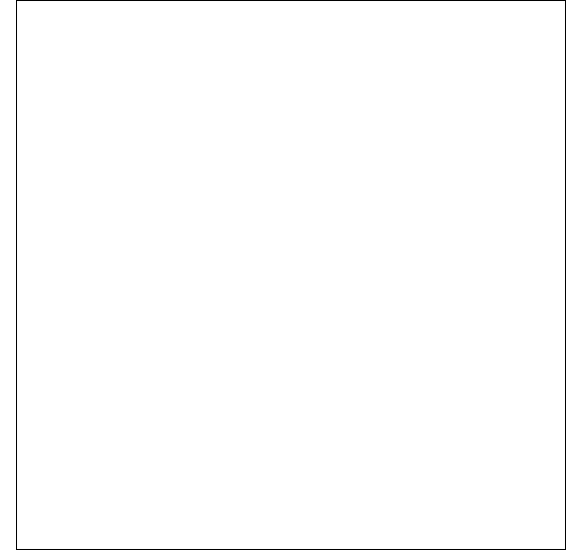
Selamawit iyo Inga waxay ka yimaadeen meelo kala duwan. Selamawit waxay darentay badbaado sababtoo ah waxay khibrad u lahayd ummusha. Inga waxay hooyadeed kala hadashay arrimaha dhalimada.



Markii deriska Inga uu maqlay inay isku dayeyso inay ilmo dhasho, deriska ayaa u sheegay inay u tagto dhakhtar isla marka ay uur yeelato. Sidaas ayay ku hubin kartaa inay caafiimaad gabaan iyada iyo ilmaheda. Dhakhtar ka ayaa u sheegay inay gaadato kiniinka Folic acid oo ah fitamiin muhiim u ah haweenka uurka leh.



Labada haweenba waxay maqleen in, inta badan dalalka Yurub, haweenka uurka leh ay xaq u leeyihiin daryeelka dhalmaada ka hor. Taas macnaheedu waa in ay heli doonaan caawimo inta ay uurka leeyihiin. Selamawit waxay ballan la yeelatay dhakhtarkeeda isla markii ay xaqiiqsatay inay uur leedahay. Selamawit ninkeedii ayaa u kaxeeyay dhakhtarka.



Dhaqtarku wuxuu sameeyay xoogaa baaritaanno ah wuxuuna ogaaday in Selamawit ay qabto nooc ka mid ah cudurka sokorta oo haweenka uurka leh qaarkood ay qaadaan. Waxay ahayd inay cunto cunto caafimaad leh iyo inay jimicsi samayso. Selamawit way ku faraxday inay goor hore u tagtay dhakhtarka, ka hor intaanay iyada iyo ilmaheeda xanuunsan.