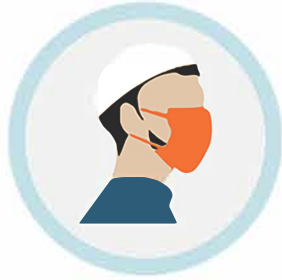


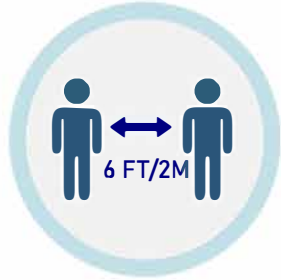
Dib-u-Furista Masaajidka Talooyinka Nabdoonaanta



5 sano jir iyo waxii ka weyn ayaa laga rabaa in ay maro ku xirtaan sanko iyo afka (5 sano iyo ka badan) *



Weesada ka soo qaado guriga



Ku celceli barashada kala fogaanta bulshada *



Guriga joog hadii aad xanuun dareento



Caruurta kayar da'da 10 waa inay joogaan guriga



Iska ilaali salaanta gacanta



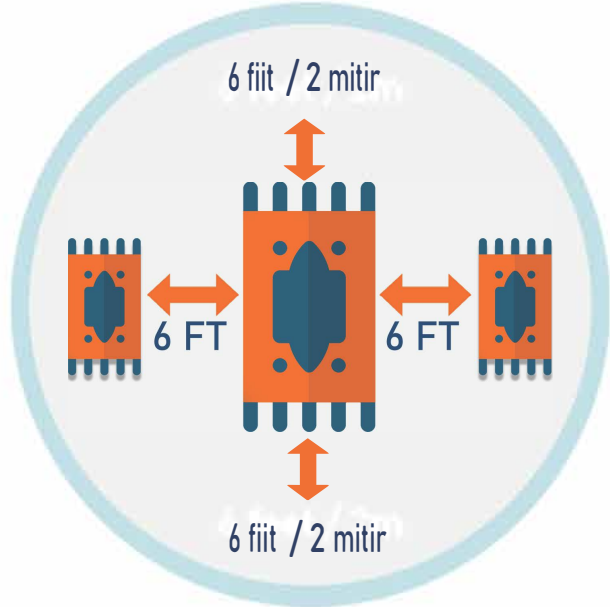
Iska ilaali meelaha ciriiriga ah



Waayeelka da'doodu tahay 60 iyo wax ka weyn waa inay ku tukadaan guriga



Soo qaado kiish aad ku ridato kabahaaga



Soo qaado sijaayada sallada lagu tukado, oo ha idiin dhaxeeyso 6 fiit ama 2 mitir aad ka fogto dhinacyada oo dhan *



Ka bax masaajidka kadib markaad salaada tukato

Imaamku waa inuu maro ku xirtaa afka iyo sanko, gaar ahaan inta lagu gudajiro khudbada Jimcaha * Kuwani waa tilmaamaha gobolka oo loo baahan yahay in la raaco. Waaxana loogu talagalay in dib loo furo ururada diimaha

Public Health
Seattle & King County

MCNA
Muslim Community & Neighborhood Association

