

UFFATA JIIDHAA ITTI HUWWISUU

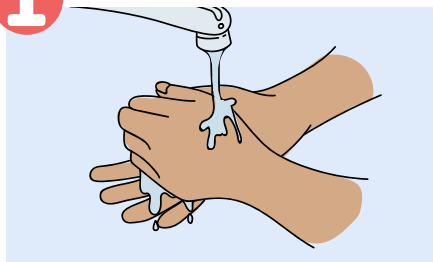
Yeroo uffata jiidhaa itti huwwistu jalatti jiidhaa fi irra keessatti uffata gogaa tahe yoo itti huwwiste akka goga-laaffisaan (moisturiser) yeroo dheeraaf irra turu gargaara. Uffatni jiidhaan gogaa qaamaa waan gogsuuf guyyaa guutuu irra ooluu hin qabu.

Kan si barbaachisu:

- Qodaa golboo bal'aa keessatti dhuuban
- Bishaan akka ho'uu tahe
- Kan jiidhsanii (wet) jalatti huwwisan fiddoo (pants) jibrii dheeraa
- Kan irratti huwwisan fiddoo jibrii dheeraa gogaa isaa (fkn pijaamaa)
- Kan jiidhsanii (wet) jalatti huwwisan qomee (t-shirtii jibrii) harka dheeraa

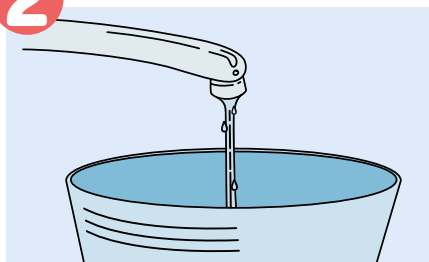
- Kan irratti huwwisan t-shirt jibrii gogaa isaa
- Yoo ajajame ta'eef zayita dhiqannaa qaamaa - shinii 1 guutuu
- Yoo akka bittu ajajamte ta'eef isteroyidii (steroid) itti dibamu
- Goga-laaffisaa (Moisturiser)

1



Osoo hin jalqabin, harka kee dhiqadhuu qoorsadhu ykn gogsi.

2



Qodaa golboo (bowl) keessatti waliin maktu bishaan akka ho'uu tahe (slightly warm water) walakkaa qodichaa itti guuti.

3



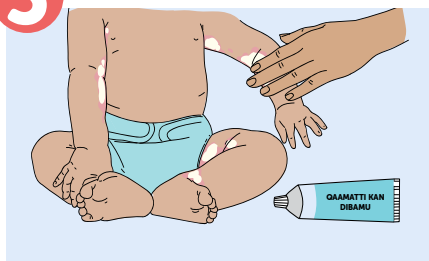
Yoo ajajame ta'eef qadaaddii zayita dhiqannaa qaamaa guutuu 1 itti dabali.

4



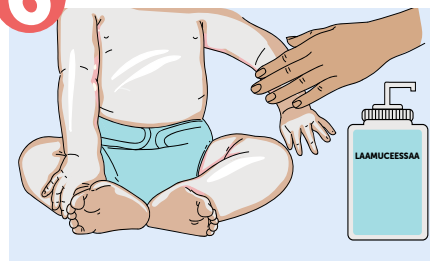
Fiddoo 1 fi qomee (t-shirt) harka dheeraa tokko qodaa golboo keessatti buusi.

5



Yoo akka bittuuf ajajame ta'eef isteroyidii (steroid) irratti dibamu bakka hoqxoo (eczema) hundatti dibi.

6



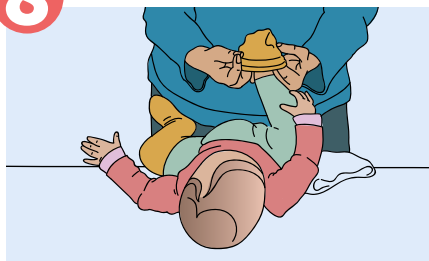
Tarii goga-laaffisaa (moisturiser) uffata jiidhaa jalatti akka gogaa irratti dibdussi gorsu tahe. Yoo akkastahe goga-laaffisaa guutummaa qaamaa fi fuulatti dibi.

7



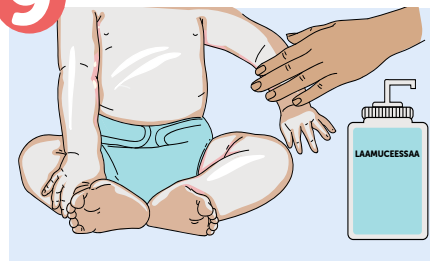
Uffaticha jiidhe mucaa keetti huwwisi.

8



Mucaa kee uffata jiidhaa itti huwwiste irratti uffata gogaa irrattidabalii itti huwwisi.

9



Yeroo uffata jiidhaa irraa baastu goga-laaffisaa guutuu qaamaa fi fuulatti dibi.