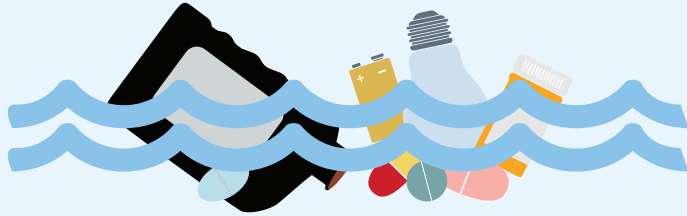


# Meel Dhigo Qashinka Ha Dhex Tuurin Biyaha



## Waxyaabo AAN lagu ku ridin qashinka dhexdiisa!

Kiimikada  
guryaha...

Aruuri olyada baabuurta,  
rinjiga, sunta cayayaanka iyo  
waxyaabaha kale ee  
qashinka halista ah ee  
guriyaha oo ku tuur goobaha  
loogu tala galay ama  
meherad shati lagu siiyey  
uruurinta.

[www.pca.state.mn.us/waste/  
find-your-household-hazardous-  
waste-collection-site](http://www.pca.state.mn.us/waste/find-your-household-hazardous-waste-collection-site)

Daawooyinka dhacay iyo  
kuwa aan la isticmaalin...

Raadso goobta kuugu dhow:  
**Keen daawooyinka dhacsan  
iyo kuwa aan la isticmaalin**  
goobaha dadka looga qaado  
daawooyinka.

Raadi goobaha lagu tuuro  
daawooyinka aadan rabin:

[www.pca.state.mn.us/living-  
green/managing-unwanted-  
medications](http://www.pca.state.mn.us/living-green/managing-unwanted-medications)

Haddii aad weydo meelaha  
qaata daawada dhacsan...



FDA U.S. FOOD & DRUG  
ADMINISTRATION

Follow these simple steps to dispose of  
medicines in the household trash\*

**MIX**  
Mix medicines (do not crush tablets or capsules)  
**with an unpalatable substance** such as dirt,  
kitty litter, or used coffee grounds;

**PLACE**  
Place the mixture **in a container**  
such as a sealed plastic bag;

**THROW**  
Throw the container  
**in your household trash;**

**SCRATCH OUT**  
Scratch out **all personal information** on the  
prescription label of your empty pill bottle or  
empty medicine packaging to make it  
unreadable, then dispose of the container.

Waxaan rabnaa in dadku ku dedaalo nadaafadda biyaha!

Faahfaahin dheeraad ah oo ku saabsan Minnesota ka eego [www.pca.state.mn.us/waste](http://www.pca.state.mn.us/waste)



## Haddii ay jirto dabeyl... ama MADAXKUTI

Caagagga qashinka gudaha dhigo ilaa inta lagaa qaadayo.

### Caag kasta daboolkiisa saar!

**Hubso inaad daboolka ku xirto** haanta qashinqubka iyo caagagga qashinka!

*Sidoo kale, qashin dareeruhu ka daadanayo ha ku ridin qashinqubka ama dhuunmaha qashinka.*



## Isticmaal waasgada biyaha, HA ku qubin bullaacadda deegaanka!

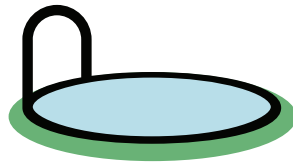
Baabuurta waa in lagu soo dhaqdo goob ah labajaajo...

**Ama baabuurta ha lagu dhaqdo caws dushiisa**, ha laga fogaado jidadka baabuurta, oo sababtuna waa in biyaha wasakhda saabuunta laga dhowro harooyinka iyo togagga.



Barkadaha ama baafka qubeyska musqusha...

**Waa inaan lagu shubin biyo ay ku jirto koloraaydh jidadka ama balliyada!** Ka hor intaan biyaha la daadin yaan lagu darin koloraaydh oo biyuhu ha xarfadaan ama yaan la daboolin 3 ilaa 5 maalmood.



Kiimikada qashinka ah in lagu dhex tuuro bullaacadaha magaalada "waa mamnuuc mar kasta" waana SHARCI-DARRO.

Barkadaha ama baafka qubeyska musqusha...

**Waa in la isticmaalo waasgada biyaha** si loo meyro buraashyada rinjiga iyo roogagga la qoyn karo, si loo daadiyo biyaha saabuunta leh, iyo biyaha ku jira barkadaha iyo goobaha la midka ah.



Haddii aad aragto biyo-daadin sharci darro ah ama aad aragto biyo calow ah, midab yeeshay, ama ay ka muuqato saliid u soo sheeg:

[Insert local contact here]

Waad ku mahadsan tahay sida aad qeyb uga tahay ilaalinta biyaha Minnesota!