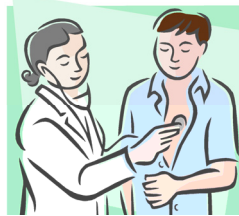


# Control your diabetes for life!

Si daa'im ah u xukun sokorowgaaga! (Somali)



**Eat healthy foods**  
Cunto caafimaad leh cun



**See your doctor**  
Dhakhtarkaaga u tag



**Be active**  
Firfircoonow



**Get your eyes checked**  
Indhaha ha lagaa eego



**Do not smoke**  
Sigaar ha cabin



**See your dentist**  
Dhakhtarka ilkaha u tag



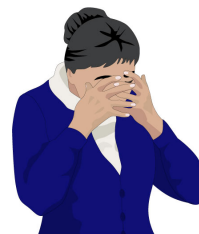
**Take your medicines**  
Daawadaada qaado



**Take time to enjoy life**  
Waqti see naftada



**Check your blood sugar**  
Tijaabi heerka sonkorta



**Get help when you feel down**  
Markey xalada kugu adagtahay caawin weydiiso



**Check your blood pressure**  
Dhiiggaaga iska cabbir



**Help yourself and help others**  
Naftada caawi iyo umadakilaba



**Check your feet**  
Lugahaaga fiiri marwalbo