

Step 3: Stand under the shower and rinse your hair and entire body. Wash your hair and body with the soap. Rinse.

Talaabo 3: Hoos joogso biyaha maydhashada ama qubeyska ka dibna biyo raaci timahaaga iyo jidhkaaga oo dhan. Saabuun ku maydh timahaaga iyo jidhkaaga.