

HUUKADA AMA SHIISHADDA

Huukadu waa tuubbo biyo dhexmarta oo lagu cabbo tubaakada, waxa kale oo loo yaqaanaa Shiishad.



Hal saac shiishad la dhuuqo waxa ku jira in **36 jeer** nikootiinka ku jira sigaarka.



Shiishaddu waa tubaako **dhadhan** loo yeelay, waxayna **soo jiidataa** dhallinta.



Shiishaddu waa tubaako isku dhaggan, oo inta badan dheecaan malab leh lagu dhex riday. Shiishada geedaha ah waxay sunta kala mid noqon kartaa tubaakada.



Shiishadda waxa la cabbi karaa iyadoo koronta ah, saamaynta ay caafimaadka ku leeyihiin **shiishadda qalinka** ama **e-hookah** lama oga.



Qiiqa huukadu wuxuu kordhin karaa **khatarta cudurrada** sida kansarka, xiddada oo xirma, cudurrada wadnaha, cudurrada sanbabka iyo cillado ku iman kara haweenka uurka leh.



In la wadaago caaradda hore ee huukada waxay kordhin kartaa **cudurrada faafa** sida qaaxada, cagaarshowga, heerbis, iyo hargabka.

Shiishaddu ma aha wax KA AMMAAN BADAN sigaarka.

BREATHE EASY

REDUCING SMOKE EXPOSURE IN MAINE



MAINE
PREVENTION
SERVICES

Maine Center for Disease Control & Prevention
Department of Health and Human Services

BreatheEasyMaine.org