

SIGAARKA CABISTA HEERKA LABAAD

Waa tubaakada qiiqeeda afuufo ama ka timid tubaako gubanaysa.



Sigaar-Cabbista Heerka Labaad waxa ku jira kumanaan **kiimiko** ah ugu yaraan 69 ka mid ahina ay keeni karaan **kansar**.



Ma jirto heer la odhan karo waa ammaan oo ah qiiqa **kugu baxaya**.



Haddii wax yar oo qiiqa tubaakada ahi kugu baxo wuxu keeni karaa **waxyeello** sababi karta xanuunno iyo **kansar**.



In marawaxadaha naqaska qaada la shido ama daaqadaha la furaa ma joojin karto **khatarta** ka iman karta qiiqa tubaakada.



Carruurta qiiqa ku baxo **waxyeellada caafimaadku** way kaga badan tahay dadka kale.



Xoolaha rabbaayadda ah ee qiiqu ku baxaa waxay uga badan yihiin in **kansar** ku dhaco xayawaanka kale.

HADDII AAD CIGAR CABTO: badbaadi qoyskaaga adigoo gurigaaga iyo baabuurka ka ilaalinaya in sigaar lagu dhex cabbo.

BREATHE EASY

REDUCING SMOKE EXPOSURE IN MAINE



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

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