

SIGAAR-CABBISTA HEERKA SADDEXAAD

Waa qiiqa ka hadha marka tubaakada la damiyo.



Sigaar-cabbista heerka saddexaad waxa ku jira **kiimiko** keeni karta **kansar**.



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



Hadhaaga qiiqu **wuxuu raaca** dharka, timaha iyo maqaarka.



Sunta qabsataa waxa ku sii hari kartaa marka si caadi ah loo dhaqo.



Qiiqa Sigaar-cabbista heerka saddexaad wuxu **ku ururaa** kaarbadka, darbiyada, gogosha, iyo alaabeyda carruurta.



Ilmaha yaryar iyo carruurta ayaa dadka kale **uga badan** inay la kulmaan qiiqa heerka saddexaad, maadaama ay gurgurtaan ama wax afka gashadaan.

HADDII AAD CIGAR CABTO: badbaadi qoyskaaga, saaxiibadaa iyo dadka aad wada shaqaysaan, gacmaha iyo timaha dhaq dharkana iska baddal intaada u iman, gaar ahaan carruurta yar.

BREATHE EASY

REDUCING SMOKE EXPOSURE IN MAINE



MAINE
PREVENTION
SERVICES

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

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