SIGAARKA KORONTADA KU SHAQEEYA (E-CIGARETTES)

Alaabtan korantada ku shaqaysaa waxay kululaysaa dareere ay ku jirto nikootiin iyo kiimiko kale.

Sigaarkan korantada ku shaqeeya (E-cigarettes), Waxa kale oo loo yaqaan **Habka elektaronigga ah ee Gudbinta Nikootinka** oo loo soo gaabiyo ENDS. Alaabo kale ee ENDS waxa ka mid noqon kara shiishadda, shiishadda qalinka ah (vaporizers), shiishado qalinka u eg ama e-pipes.

Dareeraha nikotiinku ku jiro waxa lagu daraa **dhadhan** taasoo kordhin karta isticmaalka dhallinyarada.

Saamaynta muddada dheer alaabtani caafimaadka ku yeelan karaan lama oga.

Nikootiinku wuxu leeyahay **la-qabsi** waana lagu sumoobaa marka la iska badiyo.

Alaabtan loo yaqaan ENDS waxa loo ekaysiiyaa Sigaarka, dhuumo, qalin iyo toosh ama kaarbuuno.

Naqakaasi wuxuu sii deyn karaa nikootin iyo waxyaabo **kiimiko ah oo keeni kara Kansar**.

Hay'adda Cuntada ee Maraykanka (FDA) UMA AQOONSANA in walxaha ENDS ay yihiin wax sigaarka la iskaga day.

BREATHE EASY
REDUCING SMOKE EXPOSURE IN MAINE

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

BreatheEasyMaine.org