

SIGAAR CABBISTA IYO KORONA FAYRASKA

Talo loogu talagalay waalidiinta

#QuitForCovid (#JoojiCovidDartiis)

S Sidee ayay sigaar cabbista xilliga uurka u saamaysaa ilmahayga?

Sigaar cabbistu ama u baylah noqoshada qiica haashka xilliga uurka waxay si weyn u kordhisaa halista aad ugu jirto **dhicinta, ilmaha ku dhex dhinto caloosha** ama haysashada **ilmo dhicis ah ama caafimaadarro hayso**.

Iska joojinta sigaar cabbista ayaa ah qaabka ugu wax-ku-oolka ee aad **uga difaaci karo ilmahaaga** waxyeellooyinka qiica tubaakada.

S Miyay sigaar cabbistu kordhisaa halistaan ugu jiro korona fayraska?

Taxaddar ahaan, dawladdu waxay ku dartay haweenka uurka leh dadka halista ugu jiro inay qaadaan **cudurka daran** ee korona fayraska.

Caddayn ayaa muujinaysa in dadka sigaarka cabba ee qaada korona fayraska ay u badan tahay inay u baahan doonaan **daryeel degdeg ah** marka loo eego dadka aan sigaarka.

Sigaar cabbistu waxay waxyeello u geysataa sambabada waxayna daciif ka dhigtaa habdhiska difaaca jirkaaga. Tani ayaa ka dhigaysa mid u badan inaad **dhibaatooyin** wajihi doonto haddii aad xannuunsato oo aad **waqti dheer kadib bogsan doonto**.

S Ma ka heli karaa caawimaad umulisadayda si aan isaga dhaafo?

Haa. Umulisadaada waa inay:

1. **Ku siisaa macluumaad** ku saabsan khataraha sigaar cabbista iyo faa'idooyinka sigaar iska joojinta idiin leedahay adiga iyo **ilmahaaga**.
2. **Kuu gudbisaa** takhasuslaha adeegga si aad u joojiso sigaar cabbista. Adeeggan ayaa ku siin kara **talo iyo taageero** loo marayo telefoonka/Skype/Facetime wuxuuna awoodi karaa inuu kuugu soo diro boostada **daawooyinka loo qaato joojinta sigaar cabbista** iyo foojarada. Waa inay sidoo kale awood u leeyihiin inay ku siiyaan talo ku saabsan **isticmaalida sigaarka elektarooniga ah** si aad u joojiso sigaar cabbista.
[Qodobkan waa in la qaato si uu u muujiyo waxa laga heli karo aaggaaga]

Ka hel taageerada iyo adeegyada maxalliga ah barta: [halkan geli URL-ka adeegga maxalliga ah]

S Sidee ayaan uga dhigi karaa gurigayga mid ka caagan sigaar cabbista?

Waxaad isticmaali kartaa **baddeecadaha nikotiinka beddelka u ah** (sida nikotiinka sharootada ah amaxanjada ah) ama **sigaarka elektarooniga ah** si aad adiga iyo qoyska isaga difaacdaan qiiqa sigaarka eewaxyeellada leh.

Haddii aad u baahan tahay inaad sigaar cabto waa inaad aado **ugu yaraan 7 tallaabo bannaanka** si aad uga ilaaliso inuu qiiqa gudaha soo galo.

smoking in pregnancy
challenge group ●