

Daryeelka Ilmaha iyo

Caafimaadka Ilmaha

XAASHIDA MACLUUMAADKA WAALIDKA



Sigaar cabida dahsoon – Sidee bay u saameysaa ilmahaaga?

Sigaar cabida dahsoon waa liqida qiiqa tobaakada jewiga – ee ay ku soo afuufayaan 'dadka kale' cigaarka markay cabayaan. U bandhiga goobaha sigaar cabida dahsoon waxay khatar gelinaysaa carruurta caafimaadkooda xaaladahan soo socda:

- Infekshinka xabbadka sida boronkiitada, namooniyada
- Infekshinka dhegta
- Neefta iyo qabashada neefta oo badan
- Cuncunka isha, sanku, cunaha iyo hawo mareenada
- Khatar sare oo ay ugu jiraan Saydaroomka Dhimashada Ilmaha dhashay ee Degdega ah (SIDS)
- Bololka ilkaha Carruurta loo bandhigo sigaar cabida dahsoon ayaa sidoo kale lagu kordhiyey khatar ay ugu jiraan kansarka sambabada, iyo xannuunka wadnaha markay dad waa weyn noqdaan.

Daraasad cusubi waxay tusinaysaa in carruurta ay ammaan ku yihiin oo keliya marka lagu xannaaneeyo jawi xor ka ah sigaar cabida, guri ay waalidiintu iska ilaalinayaan inay sigaar ku cabaan gudaha iyo debada labadaba ee guriga qoyska.

Maxaad sameyn kartaa si aad isugu daydo inaad ka ilaaliso ilmahaaga sigaar cabida dahsoon?

Haddii aadan awoodin inaad iska deyso sigaarka, iskuday inaad sameyso qaar ka mid ah istaraatiijiyadahan si aad u yareyso khatar ilmahaaga u imanaysa

- Samee 'jewi xor ka ah sigaar cabida' gurigiina qoyska. Ka dhig sharci nafsad ahaantaada, iyo dadka ku soo booqda in qof waliba sigaarka ku soo cabo bannaanka iyo meel ka fog carruurta.
- Isku day inaad inaad ku cabin ilmahaaga hortiiisa – xasuuso inaad tahay ilmahaaga macalinkiiisa ugu horeeya iyo in ilmahaagu min guurin doono dabeecadaada.
- Weligaa sigaar haku cabin gaariga qoyska. U sheeg rakaabkaaga inay sidoo kale sameeyaan. Gobolada Australia qaarkood hadda waa sharci darro in sigaar lagu cabbo gaariga dhexdiisa haddii carruuri jku jirto.

Caawimaad aad ku JOOJINEYSO sigaar cabida ayaa la helayaa

- Caawimaad ka doono dadka khibrada u leh dhibaatooyinka iska deynta sigaarka sida dhakhtarkaaga xaafadda, farmasiga, kalkaalisada caafimaadka bulshada ama kalkaalisada caafimaadka qoyska iyo ilmaha
- La xiriir khadka taleefanka caawimaada **ISKA DAA -13 78 48**
- Waxaad ka heli kartaa caawimaad internetka ah: <http://www.smokinghelpline.com.au> ama [http://www.quit.org.au/\(Victoria\)](http://www.quit.org.au/(Victoria)), [http://www.quittas.org.au/\(Tasmania\)](http://www.quittas.org.au/(Tasmania)), <http://www.quitsa.org.au/asp/index.aspx> (South Australia), [http://www.quitwa.com/\(Western Australia\)](http://www.quitwa.com/(Western Australia)), <http://www.quitnow.info.au/> (Australian Government, The National Tobacco Campaign).

Laba fariimood oo ah inaad xasuusato

- Sigaar kasta oo aad cabtaa wuxuu waxyeelayaa caafimaadka ilmahaaga, iska deynta sigaarka waa mid ka mid waxyaalaha ugu wanaagsan ee adigu waalid ahaan aad u sameyn karto ilmahaaga caafimaadkiisa iyo wanaagisaba.
- Way adagtahay in layska daayo sigaar cabida sababtoo ah nikotiinka ku jira sigaarka waa wax aad u xoog badan oo lala qabsanayo.

Caawimaad waxaa laga helayaa lagaga hadlayo loolanka ay leedahay iska deyntiisu, haddii aad sameyso go'aanka ah inaad iska deyso sigaar cabida.

Warqadaan xaqiiqda ee waalidka waxaa lagu helaya luqadaha bulshada oo kala duwan waxaana lagala soo bixi karaa website ka Iskuxirka Carruurnimada Hore ee www.ecconnections.com.au

DA'DAALKA



The Royal Children's Hospital Melbourne

WAXAA TAAGEERAY DEEQDA
WAXBARASHADA KA TIMID



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AQOONSIGA DARYEELKA
ILMAHA EE QARANKA



WAXAA TAAGEERAY



Australian Government
Department of Families,
Community Services and
Indigenous Affairs