

## Sigaarka oo la isku ag cabo waa Halis Caafimaad

- Sigaarka oo la isku ag cabo waa qaaca ka soo baxa sigaar la shiday ama wax toobaako ka sameysan ama qof sigaar dhuuqaya. Waxa ku jira wax ka badan 4,000 kiimiko. Ugu yaraan 250 oo kiimikadaas ka mida waa kuwa loo yaqaan sunta iyado wax ka badan 50 ay yihiin kiimikooyinka kansarka sababa.
- Kumanyaal qof ayaa la il daran jirrooyin ay sababeen ama ay uga sii dareen. sigaar. lagu ag cabay sida neefta, kansarka sambabaha, iyo cudurka wadnaha.
- Sigaarka oo la isku ag cabo wuxuu kaloo sababaa caabuqa dhagaha, cuna xanuun, indha oo biyo galaan, iyo quffac.



## Hawada oo la sifeeyo iyo Hawa-qaadashadu dhibaataada waxba kama xalliyaan

- Mamnuucidda in guriga dhexdiisa sigaar lagu cabo waa qaabka keliya ee dadka looga ilaalin karo halista ka imaanaysa sigaarka agtaada lagu cabo.<sup>1</sup>
- Hawo sifaynta keligeed ma nadifi karto hawada ama kaama bogsiin karto neefta ama calaamadaha xasaasiyadaha. Mamnuucidda in sigaarka lagu cabo guriga dhexdiisa waxay noqon kartaa mid wax ku oola marka loo eego sifaynta hawadad.<sup>2</sup>
- Hawo sifaynta la iskuma hallayn karo si loo xakameeyo halisyada ay leedahay sigaarka la isku ag cabo.<sup>3</sup>

## Ma u baahantahay macluumaad dheeraada?

- Na soo wac ama booqo shabakadeena internetka wixi ku saabsan qalab dheeraada ama ra'yi si loogu dhiirigaliyo kireeyahaaga inuu hirgaliyo nidaam sigaar cabidda ka caagan.
- Si looga helo deegaankaada dhismo sigaarka ka caaggan, ka raadi shabakadeenna internetka Smoke-Free Housing Directory (Diiwaanka Guryaha Sigaarka ka Caaggan).

[www.mnsmokefreehousing.org](http://www.mnsmokefreehousing.org)

## Live Smoke Free



2395 University Ave W, Suite 310  
St. Paul, MN 55114  
telefoonka: 651.646.3005  
faakiska: 651.646.0142



Live Smoke Free (Ku noolow Meel Sigaarka ka Caaggan) waa barnaamij ay leeyihiin Association for Nonsmokers-Minnesota (Ururka Sigaar Macabayaasha Minnesota). Buugga warbixinta waxaa loo sameeyay suurtagalnimada in laga maalgaliyo Barnaamijka Horumarinta Caafimaadka Dalka oo Idil (SHIP) ee Minnesota Department of Health (Waxda Caafimaadka Minnesota).

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## Sigaarka qof kale cabo ee qolkaaga soo galaya



Sida lagu caawinayo adiga iyo qoyskaada



Live Smoke Free

<sup>1</sup>U.S. Surgeon General (Madaxa Aadeegyada Caafimaadka Guud ee Maraykanka). Juun 2006.

<sup>2</sup>Consumer Reports (Warbixinnada Rukunnada). Diseembar 2007.

<sup>3</sup>American Society of Heating, Refrigerating, & Air-Conditioning Engineers (Tamarta Bulshada Mareykanka, Tallaajo-ku-haynta & Injinneerada Hawo Qaboojinta). Juun 2005.

# Sigaarka qof kale cabay ayaa qollkayga soo galaya. Maxan samayn karaa?

## Tallaabada Koobaad: Qiimeeh Dhibaatada

1. Isku day in aad ogaatid meesha uu ka soo galayo qaaca sigarka qofka kale cabay, (iridda laga soo galo, daldaloolo, meelo furan, iwm.).
2. Qoro taariikhaha iyo waqtiyada aad dreento sigaarka qofka kale cabay in uu soo galayo qaybta aad deggantahay.
3. Samayso liis qaabab aad ku xallisid dhibaatada.
4. Kala hadal dariskaada si loo arko haddii uu qaaca sidoo kale uu guryahooda soo galayo. Weydii haddii ay doorbidi lahaayeen in aad la wada hadashaan kireeyaha.
5. Kala hadal dhaqtarkaada waxa ku saabsan calaamadaha cudurka iyo jirrooyinka oo idil oo ay qoyskaadu qabaan. Jirrooyinkaada waxa laga yaaba in uu sababay ama saamayn ku leeyahay sigaar laguugu ag cabay.



## Tallaabada Labaad: Kala Hadal Kireeyahaaga

1. Waraaq u qor maamulaha dhismaha gurigaada ama kireeyaha si aad ugu sharraxdid dhibaatada. Nuqullo ka hayso waraaqahaaga ama iimailada.
2. La kulan kireeyahaaga si aad dhibaatada lagu xalliyo. Ka dhaadhici halisyada ay arrimahaasu keeni karaan oo ku saabsan sigaarka agtaada lagu cabo.
3. U sharrax kireeyahaaga in uu yahay wax sharciga waafaqsan in milkiilayaasha dhismaha ay ka dhigaan dhismayaashooda goobo sigaarka ka caaggan, xitaa haddii ay yihiin guryaha dadweynaha ama dhismaha HUD.
4. Kula tali kireeyaha in uu ka hirgeliyo dhismaha oo dhan nidaamka ah in aan sigaar lagu cabi karin.

Ka raadso arrimaha ku saabsan sigaarka agtaada lagu cabo iyo guryaha sigaarka cabidda ka caaggan shabakadda internetka [www.mnsmokefreehousing.org](http://www.mnsmokefreehousing.org).

## Tallaabada saddexaad: Dibadda ka raadso Cawimaad Dheeraada

1. La xariir barnaamijka Live Smoke Free (Ku Noolow Meel Sigaarka Ka Caaggan)
  - Live Smoke Free (Ku Noolow Meel Sigaarka ka Caaggan) waxay ku siin kareysaa dhacdooyinka la xariira sigaarka la isku ag cabo iyo siyaasadaha caaganaanta sigaarka, waxay kaa caawinaysaa warqadaha qoristooda; ama talo soo jeedin la xariirta tallaabooyin kale.

Ma aha in aad ku noolaatid gurigaada oo sigaar qof kale cabay soo galayo.

2. La xariir hay'ado kale
  - Milkiilayaasha dhismahaaga
  - Saraakiisha maxalliga ee magaaladaada ama waaxda cafimaadka degmada
  - HOME Line Tenant Advocates hotline (Khadka Deg-degga ee Guryaha U-Doodayaasha Kireystaha): 1-866-866-3546 ama [www.homelinemn.org](http://www.homelinemn.org)
  - Minneapolis Housing Services (Adeegyada Guriyaynta Minneapolis): 612-673-3003 ama [www.ci.minneapolis.mn.us/dhfs](http://www.ci.minneapolis.mn.us/dhfs)
  - HUD's Multifamily Housing Complaint Line (Khadka Ashtakada Guryaha Qoysaska Badan): 1-800-685-8470 ama [www.hud.gov](http://www.hud.gov)
  - Minnesota Attorney General (Xeer Ilaaliyaha Guud ee Minnesota): 1-800-657-3787 ama [www.ag.state.mn.us](http://www.ag.state.mn.us)