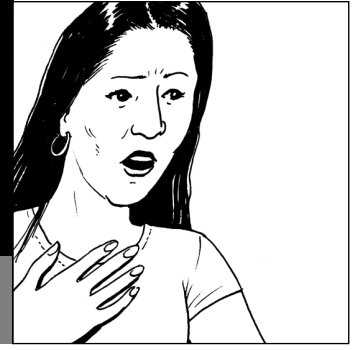


Qiiqa kayimaada dababka halis wayn ayuu kunoqon karaa qofkasta



Qaado talaabooyinkaan si aad u ilaaliso caafimaadkaaga

Lasoco macluumaadka tayada hawada



Booqo Bogga WA Smoke (www.wasmoke.blogspot.com) si aad uga hesho macluumaadka tayada xaalada hadda ee hawada iyo qiyaasaadka dhanka qiiqa. Lasoco wararka maxaliga ah si aad u hesho digniinaha caafimaadka iyo warbixinada tayada hawada ee degaankaaga.

Kafogoow meelaha qiiqa leh



Dadka qaba xaaladaha caafimaadka, sida xanuunada sanbabada iyo wadnaha, sonkoroowga, dadka kabogsooda istarooma ama qaboowga qaba, waa inay yareeyaan waqtiga ay kubixinayaan banaanka gurigooda, kafogaadaan shaqooyinka adag ayna nadiifiyaan hawada gurigooda marka heerarka qiiqa ay gaaraan "dhexdhexaad."

Saqiirada, caruurta, dadka ka waawayn da'da 65 sano, iyo haweenka uurka leh waa inay raacaan tilmaamahaan marka heerka qiiqa gaaro "midaan ufiicnayn dadka nugal."

Qofkasta waa inuu talooyinkaan raaco marka heerka qiiqa noqdo "midaan ufiicnayn caafimaadka qofkasta."

Hawada gurigaaga gudhiisa ha ahaato nadiif



Xir daaqadaha iyo albaabada, iskana ilaali dabka qiiqa keenaya, biyana cab.

Isticmaal marxadaha ama mukayfka wax qaboojiya (AC) marka kulayl uu jiro, kuna xir AC gaaga inuu wareego. Hadaadan haysan AC gurigana aad ukulul yahay laguna jiri karin, aad meel AC leh sida dhisme ganacsi ama maktabad.

Hacabin sigaar, ha isticmaalin shumac, ama buufinta hawada.

Isticmaal nadiifiyaha hawada oo leh miiraha HEPA.

Laxariir dhakhtarkaaga caafimaadka



Haday qabaan xanuunada wadnaha ama sanbabada xaaladooduna kasii darto marka qiiqa kaco, laxariir dhakhtarkaaga caafimaadka. **Wac 911 haddii adigga ama qofkale xaalado khatar ah galo**—sida inaad neefsan wayso.

www.doh.wa.gov/SmokeFromFires

DOH waxay utaagan tahay inay macaamiisheeda siiso foomamka iyo daabacadaaha oo kuqoran qaabab kale oo kuhaboon baahidooda. Codsiiyo ayaad dirsan kartaa adoo wacaaya **800-525-0127** ama email udiraaya civil.rights@doh.wa.gov.