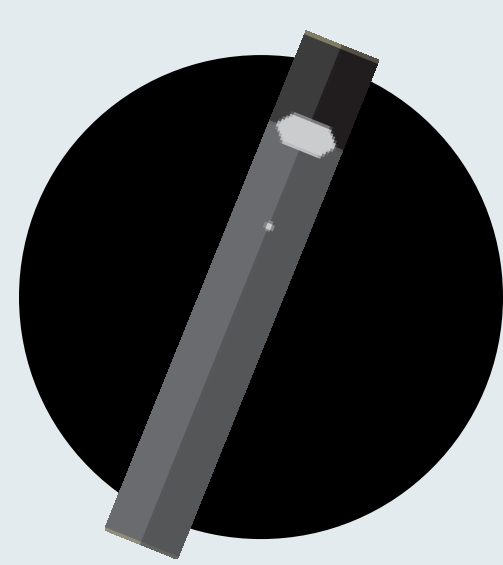


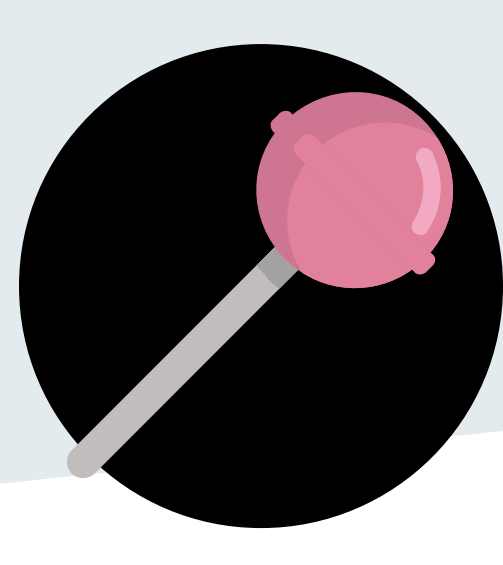
ADEEGSIGA SHIISHADA IYO SIGAARKA KORONTADA AH EE GUDAHA SEATTLE IYO DEGMADA KING

ADEEGSIGA SHIISHADA EE DHALINTA AYAA GAARAY HEERARKII UGU SAREEYAY

Sanadihii ugu danbeeyay, adeegsiga shiishada iyo sigaar ka korontada ah ayaa aad u kordhay. Dad badan ayaa aaminsan in adeegsiga sigaar ka korontada ah yahay midaan halis lahayn. Tani maaha run. Dareerayaasha kujira sigaar ka korontada waxaa ka buuxa cadad badan oo nicotine iyo kiimikooyin kale ah.



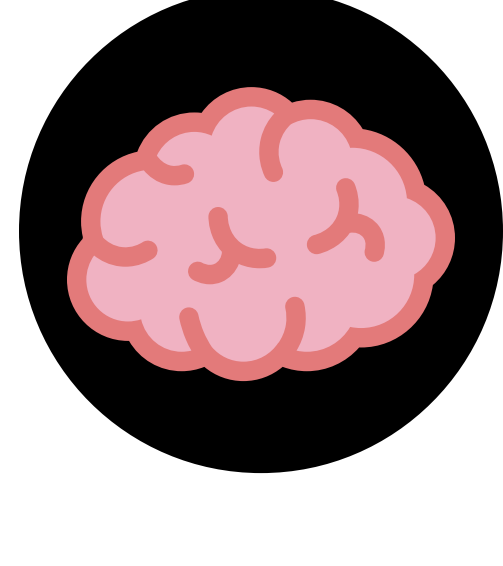
Unugyada ka kooban pod sida JUUL ayaa ah kuwa ugu caansan ee dhalin yaradu cabto. Waxaa kujira cadad badan oo maadada nicotine ta ah. 1 JUUL pod = ~20 sigaar ah marka laga fiiro maadada nicotine.



Sigaarka korontada iyo maadooyinka shiishadu waxay soo jiitaan carruurta iyo dhalinta qayb ahaan sabab la xariirta inay kujiraan macmacaano, leh dhadhanka nacnaca.

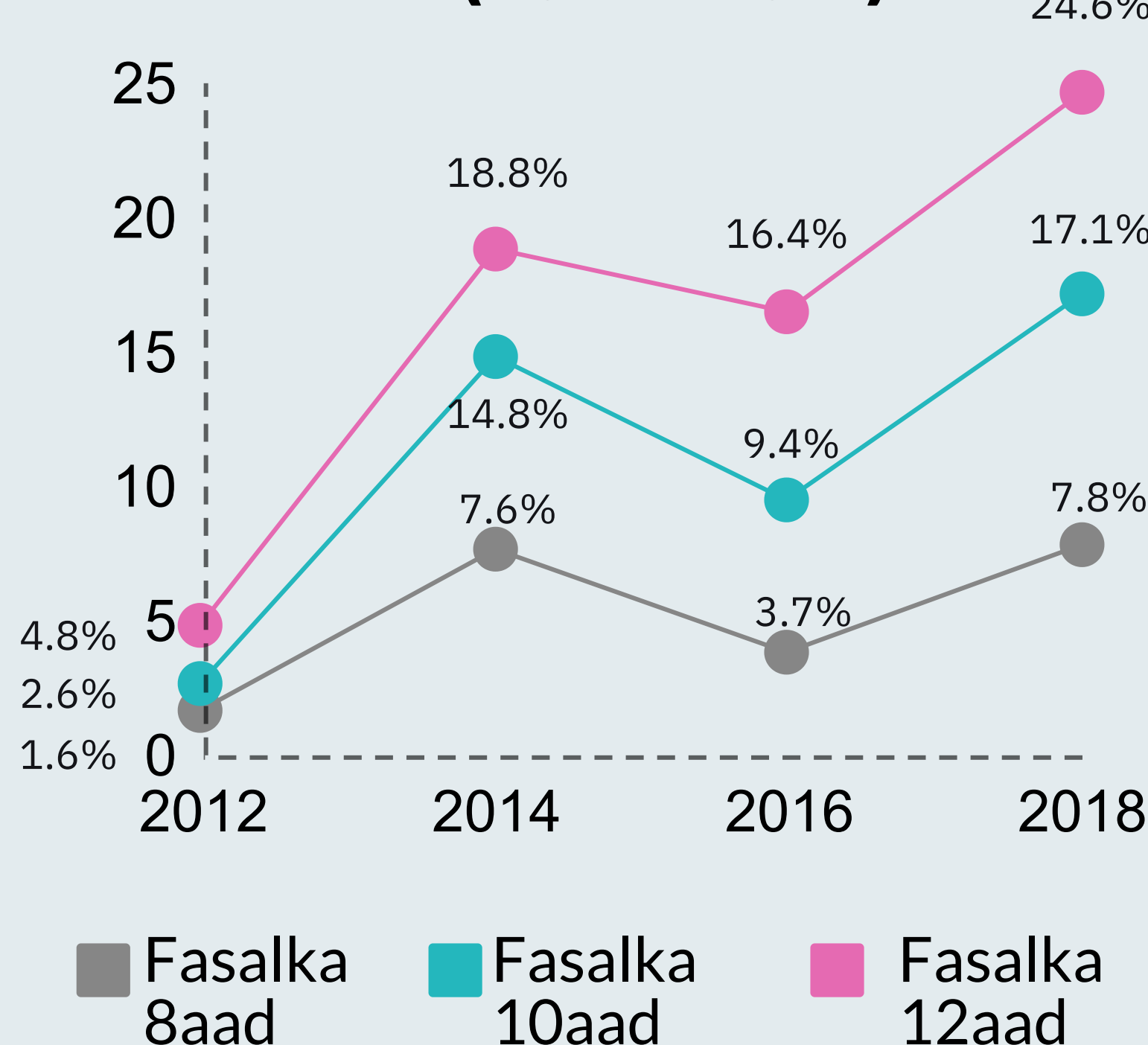


Marka laga reebo nicotine, ku dhawaad dhammaan maadooyinka sigaar ka korontada ah waxaa kujira maadooyin sun ah ayna kujiraan biro culus.

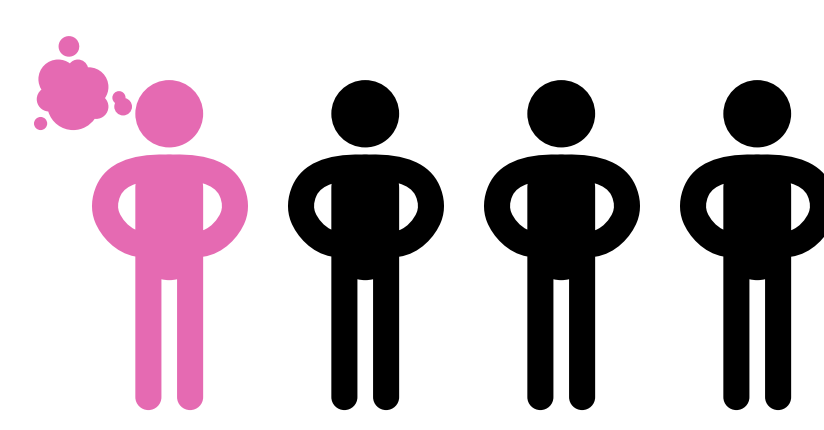


Carruurta ayaa si gaar ah ugu nugul saamaynada khatar badan ee maandooriyaha ah ee daroogada nicotine ta. Marqaanka xiliga hore ee maadada nicotine ayaa waxyeelayn karta kobaca maskaxda keenina karta dhibaato dhanka feejignaanta ah, xasuusta iyo xakamaynta dabecada qofka korna u qaadi karta halista ku marqaamida maadooyinka kale.

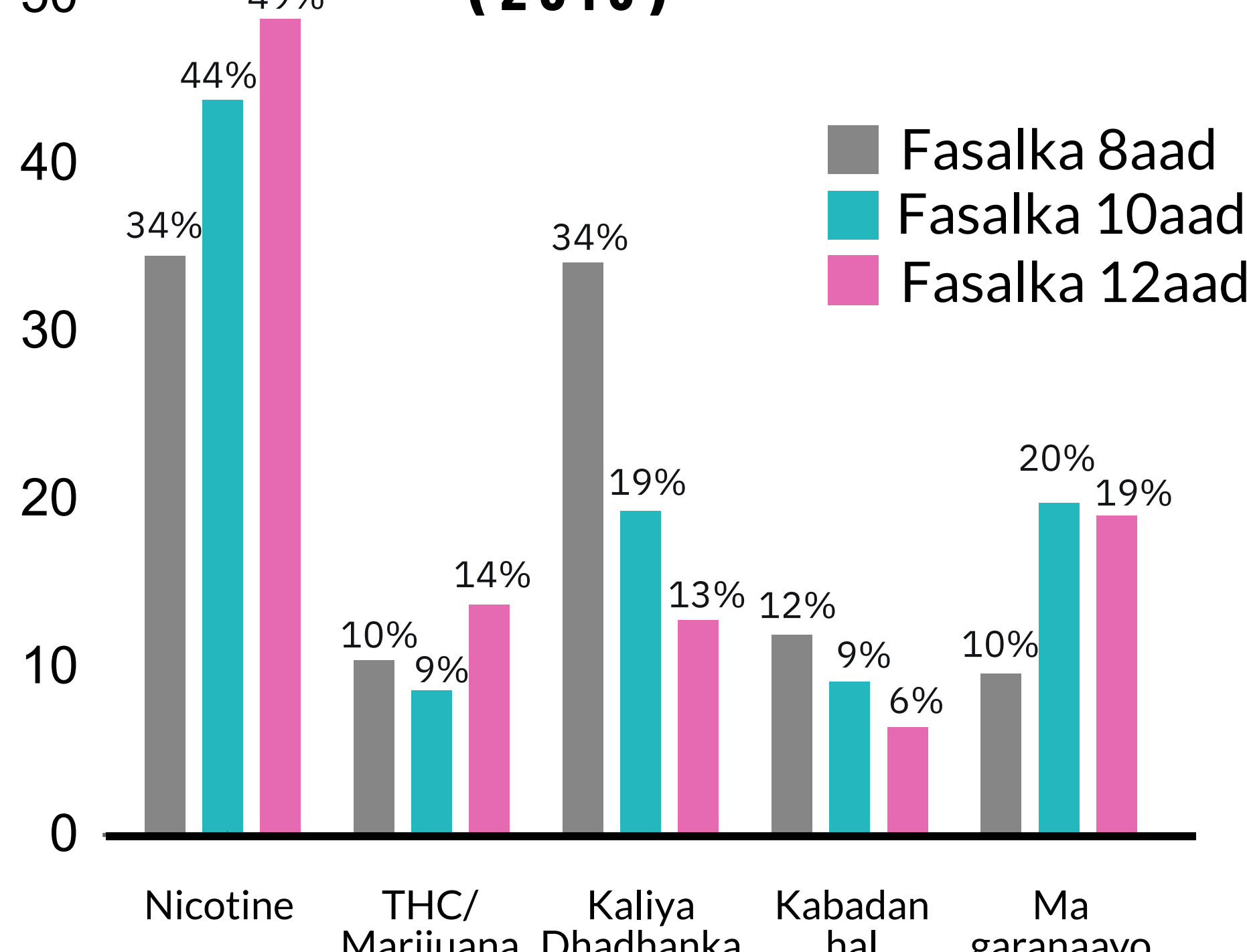
Isticmaalka Shiishada ee dhalinta Degmada King (2012 - 2018)



1 kamid ah 4 ardayda ee fasalada dugsi sare kujira ayaa soo sheegay inay shiishad cabeen 30 kii maalmood ee lasoo dhaafay.



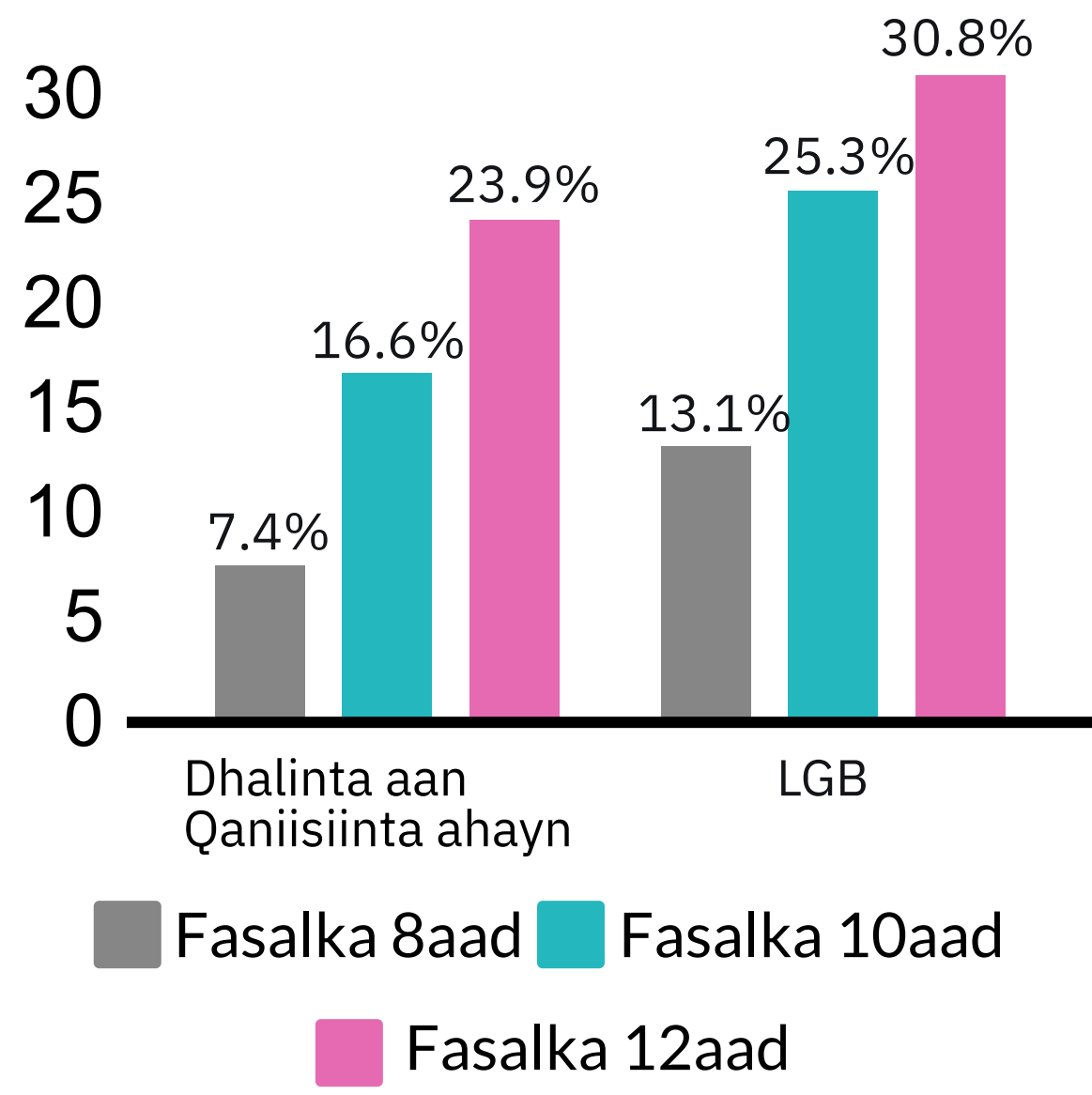
Maadooyinka shiishada ee ay adeegsadeen dhalin yaradu (2018)



WAA MAXAY SIGAARKA KORONTADA KU SHAQEYYA?

Aaladaha sigaar ee korontada ku shaqeeyaa ama sigaar ka korontada ah waa kuwo ku shaqeeya kaariko ama batari oo loo adeegsado in lagu dhooqo dareere la dhooqo oo ka kooban nicotine, macmacaan iyo kiimikooyin kale. Sigaar ka korontada ku shaqeeya ayaa loo yaqaanaa "Shiishad" waayo maadooyinka dareeraha ah ayaa isku badela qiic marka la dhooqo.

Dhalinta LGB ga ah ayaa aad u isticmaala shiishada (2018)



MAXAAD KALE OO AAD KA OGTAHAY SHIISHADA KUSII BADANAYSA DEGMADA KING?

Dhalin yarada Qaniisiinta naagaha ah, Kuwa Wiilasha ah, iyo kuwa Rag iyo dumarba u galmooda (LGB) ayay aad ugu badan tahay inay adeegsadaan maadooyinka sigaar ka korontada ku shaqeeya marka loo fiiro dhalinta aan qaniisiinta ahayn.

WALAAC QARAN OO KA JIRA ADEEGSIGA SIGAARKA KORONTADA AH.

Sigaarka korontada ku shaqeeya wuxuu suuqa kujiray ilaa 10 sanno, laakiin waxaa wali jiro waxyaabo badan oon laga ogayn saamaynada caafimaadka ee adeegsiga sigaar ka korontada ah.

Centers for Disease Control (CDC, Xarunta Xakamaynta Cuddurada), Food and Drug Administration (FDA, Maamulka Cuntada iyo Daawada) iyo waaxaha caafimaadka gobalka iyo kuwa maxaliga ah ayaa baaraaya xanuunka sanbabada ee daran oo ka dilaacay gobolo badan oo ka dhashay adeegsiga sigaar ka korontada ku shaqeeya. Dhammaan Maraykanka, in kabadan 1,000 oo kiis ayaa lasoo sheegay. Bukaannada ayaa haddii kale caafimaad qaba oo soo maray adeegsiga sigaar ka korontada ku shaqeeya. Qaar badan, laakiin maaha dhammaan, oo kamid ah kiisaskaan ayaa ah dad dhalin ah ama da'yar ah.



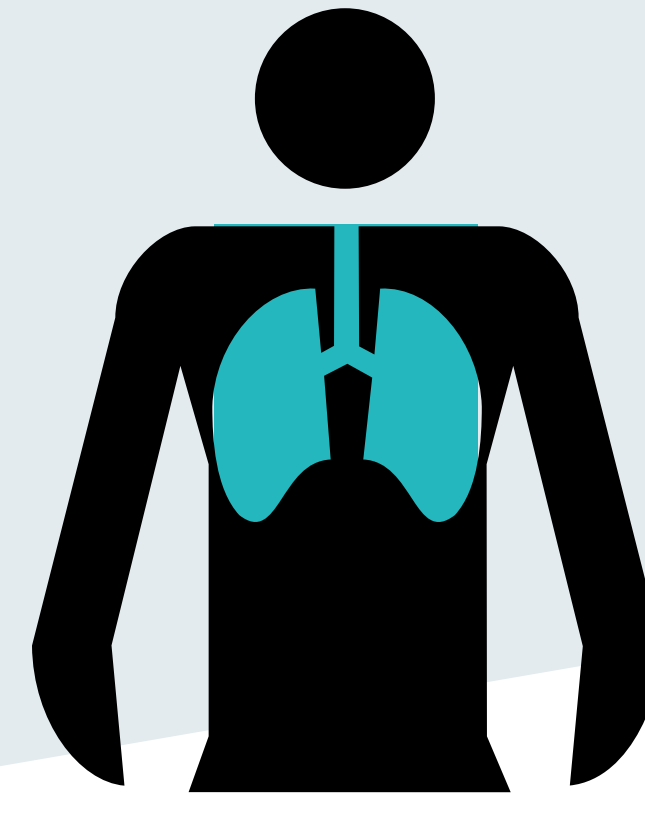
WAXAAN OGNAHAY:

Dhammaan bukaanahay waxay sheegeen inay isticmaali jireen maadooyinka sigaar ka korontada ku shaqeeya ee ay kujiraan kiimikooyinka midkood THC, nicotine, ama labadaba.



WAXA AANAAN AQOON:

Sababta gaarka ah ee sababa xanuunkaan ma cada. Baaritaanku ma uusan ogaan wax maado sigaar ka korontada ah oo gaar ah (aalado, dareerayaal, tuubooyinka lagu shubto, ama xaashida sigaar ka) kaasoo la xariira dhammaan dadkaan xanuunsan.



SIDA AAD KU BADBAADAYSO:

- Sigaarka korontada ku shaqeeya iyo shiishadu maaha kuwo badbaado leh. Ka dheerow adeegsiga sigaar ka korontada ah iyo shiishada ilaa waxa keena xanuunkaan dilaacay lasoo ogaanaayo.
- Kala hadal carruurtaada khataraha shiishada.
- Haka iibsan maadooyinka sigaar ka korontada ku shaqeeya wadooyinka ama wax haka badalin.
- Carruurta, dhalin yarada, haweenka uurka leh, iyo dadka waawayn ee aan hadda isticmaalin tubaakada waa inay adeegsan sigaar ka korontada ku shaqeeya.

SI DEGDEG AH U RAADSO CAAWIMAAD CAAFIMAAD HADDII:

Haddii aad cabto sigaar ka korontada ku shaqeeya aadna dareento cufac, neef yari, xabad xanuun, qandho, lalabo ama daal badan.

MA ISKUDAYAYSAA INAAD JOOJISO?

Inkastoo sigaar ka korontada ku shaqeeya korontadu aan loo aqoonsan inuu yahay qaab lagu joojiyo sigaar ka korontada ah, dadka qaar ayaa qaabkaan u adeegsada. Haddii aad rabto inaad joojiyo ama iska yarayso sigaar ka korontada ah mar horaba u wareegtay sigaar ka korontada ku shaqeeya, kala hadal dhakhtarkaaga daryeelka caafimaadka ama la xariir Laynka Tubaako Joojinta Gobalka Washington oo ah 1-800-QUITNOW.

