

Cabitaanka tubaakada waa u qatar caruurta
Ha ku cabbin sigaarka caruurta agteeda



Caruurta ku neefsata qaaca tubaakada

- wey bukaan baddanyihii maxaa yeelay sambabooda uma kobcin sidii loo baahnaa
- waxaa ku baddan dhago xanuunka, qufaca iyo xanuun uga dhaca waddooyinka hawada
- Neefta ayaa ku baddan neefta ayaa sixuun u qabata
- Waxaa ku baddan in ilmihi uu si lamafilaana u dhinto



Dhaqtarka oo loo geeyo kaddib
dhagaha oo xanuuna



Caruurta oo qufacda,
indho xanuun iyo neef

Caruurta ku neefsata qaaca tubaakada
Wey oga baddanyihii dhaqtar geynta
caruurta kale



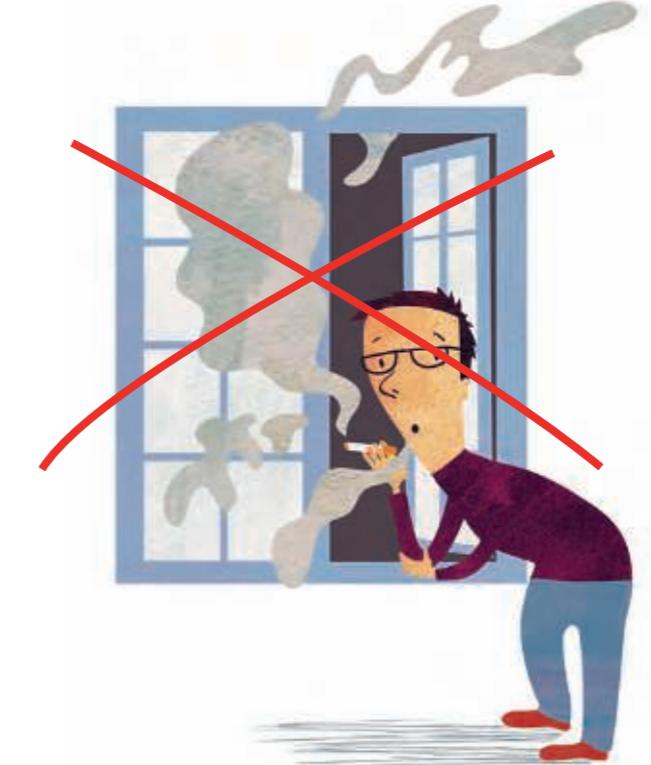
Ha ku cabbin sigarka guriga caruurta agtooda ama
gaariga guddahiisa



Ha ku cabbin fadhiba



Ha ku cabbin hawo qaadaha kushiinka hoostiisa



Ha ku cabbin daaqada banaankeeda



Ha ku cabbin gaariga



Badeecada xitaa waa qatar



Haddaad sigaar cabeyso waa inaad
banaanka u baxdaa
Raadso meel ey caruur joogin



Ma tahay qofaan cabbin sigaarka?

Markaa wey yartahay fursadey caruurtaada ku bilaabaan cabbitaanka sigaarka

Ma cabtaa sigaarka, lakiin ma dooneysaa inaad iska joojiso

Waad joojinkartaa markaad rabto daahna ma jiro



Ma rabtaa in lagaa caawiyo inaad iska joojiso sigaarka?

- Wac taleefanka sigaarka **800 40 085** (bilaash)
- Fiiri shabakada www.slutta.no
- Fiiri shabakada www.helsenorge.no (raadi qofka jooga meesha sigaarka lagu cabbayo oo aan cabbin sigaarka) (raadi “passiv røyking”)
- wac taleefanka qadka kaankarada **800 75 338** (ka wac taleefanka guriga waa bilaash)
- Fiiri shabakada www.kreftforeningen.no
- La xiriir kalkaalisada caafimaadka ee rugta caafimaadka
- Ama dhaqtarkaaga joogtada ah