



## Ha ku Sirmin!

Macaamiishu ma garanayaan khatarta ka imaan karta amase raadka ay ku yeelan karaan caafimaadka mustaqbalka fog qofka isticmaala e-cigarettes iyo qalabka Vaping maxaa yeelay weli si fiican looma dersin, lomana sharchiyeen inay caafimaadka wax u dhimeyn.

Waxaase la og yahay in e-cigarette iyo qalabka Vaping inay ku jiraan kiimkaalis xadkoodu badan yahay iyo dareere nikotiin sun ah, la qabatimo, aan aamin ahayn ,gaar ahaan u daran dhalinyarada.



## Waa maxay e-cigarette iyo qalabka vaping

E-Cigarettes iyo qalabka vaping waa qalab ku shaqeeya bateri looguna talagalay inuu u ekaado loona isticmaalo sida waxyaalaha caadiga ah ee laga sameeyo tubaakada sida sigareetka oo kale. E-cigarettes waxaa loo isticmaalaa iyadoo la nuugo uumi ka imaanaya milan dareere ah ooy ku jirto inta badan nikotiin, iyo kimikooyin kale oo dhadhan u yeela. Milanka dareeraha ah oo loo beddelay uumi daraadeed , inta badan e-cigarette waxaa loogu yeeraa uumi buufis intii laga oran lahaa qiiq buufis.



## Sun

- Cilmi baarista waxaa lagu helay in qalabka la nuugo ee elektaroonikada ah ay ku jiraan walxo khatar ah oo keena cudurka kaanserka
- Nikotiinka dareeraha ah ee laga helo qalabka lagu kediyo (cartridge) markuu dhamaadana dib loo buuxsho waa sun aad u badan
- Dhalooyinka ay ku jiraan dareeraha nikotiinka ah waxay ku yimaadaan baakado ay caruurta si fudud u furi karaan, haddii ilmahu ay isticmaalaan waxay ku keeni kartaa dhimasho. Intaa waxaa dheer in dareeraha nikotiinka ah ay ku yimaadaan dhadhan caruurta soo jiita sida nacnaca, jalaatada, iyo waxyalahi kale ee caruurto jeceshay.
- Xarunta Baarista Sunta ee gobalka Washington waxay soo gudbiyeen in caruur badan ay ku sumoobeen e-cigarettes ayagoo ku cayaaraya qalinka-Vape, ama furaya dhalada ay ku jirto dareeraha nikotiinka, ayna gaarto gacmahooda, mararna toos uga caba dareeraha nikotiinka ah dhalada ay ku jirto.



Gummy Bear flavor e-cigarette juice

## Waa wax la qabatimo

- E-cigarette iyo e-juices waxaa ku jira heer nikotiin ah oo qofku qabatimo
- Nikotiin waxaa loo qabatimaa sida herowiin iyo kokayn.
- Inkastoo kuwa u dooda e-cigarette ay ku andacoodaan in uu e-cigarette uu ku kaalmeeyo dadka sigaarka caadiga caba in ay joojiyaan amase ay yareeyaan, laakin ma jirto caddayn cilmiya oo loo hayo.
- E-cigarette caddayn kama hayasato laanta xakamaysa cuntada iyo daawooyinka (Food and Drug administration) inaysan dhibaato keenin isla maarkaana ay wax ku ool u tahay joojinta cigaarka.

## Ammaan maaha

- E-cigarette iyo e-juices lama tijaabin lamana sharchiyeen. Ma garanaysid waxaad kala kulmi doonto.
- Nikotiinku waxa uu saamayn ku yeeshaa wadnaha iyo dareemayaasha dhexe, waxuuna kordhiyaa garaaca wadnaha iyo cadaadiska dhiigga
- Nikotiinku waxa uu dhib u geystaa hooyada uurka leh iyo ilmaha ay siddo, waxaa dhaca in ilmahu uu dhasho isaga oo miisaan yar, aan bilo dhamaysan, amase uu ku dhinto uurka hooyada.
- Dhalinta yar nikotiinku waxuu wax u dhimaa koritaanka maskaxdooda, waxuuna u soo jiidaa inay isticmaalaan tubaakada.
- Uumiga ka soo baxa e-cigarette waxaa ku jira kimikaalis badan oo keena cudurka kanserka.

## Dhalinyarada isticmaasha aad bay u kordhayaan King County

E-cigarette dhalinyarada isticmaasha si khatar ah buu ugu kordhaya waddanka oo idil iyo meel kastaba. Dhalinyarada king County waxay aad u isticmaalaan e-cigarette marka la bar-bar dhigo sigaarka caadiga ah.

## Maxaad yeeli kartaa- Ha ku Sirmin

1. Ha bilaabin inaad isticmaasho e-cigarette; waxay yihii sun, waa la qabatimaa, aaminna ma aha
2. Ha u oggalaan in caruurtaadu ku sirmaan. Kala hadal caruurtaada khatarta ay leedahay e-cigarette
3. Haddii aad isticmaasho e-cigarette ku xafid qalabka iyo dareeraha ah meel qafilan caruurtuna aysan qaarin
4. Haddii aad dhuuqdo aadna rabtid inaad joojisid, adeegso hababka la tijaabiyyat oo ay ka mid tahay la talin, iyo daawooyin la xaqiijiyay inay aamin yihii, isla markaana wax ku ool ah markaad joojinaysyo e-cigarette

[www.healthykingcounty.org/dontbefooled](http://www.healthykingcounty.org/dontbefooled)

### Resources for quitting tobacco:

Getting help with quitting tobacco in Washington State: <http://www.doh.wa.gov/YouandYourFamily/Tobacco/HowtoQuit>

Asian Smokers' Quitline: <http://www.asiansmokersquitline.org/>

El Centro De La Raza (Beacon Hill – Seattle) 206-973-4404, <http://www.elcentrodelaraza.org>

CDC Quit Smoking Page: [http://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/cessation/quitting/index.htm](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/quitting/index.htm)