



American  
Heart  
Associatio

TOBACCO  
*Endgame*

BARO • JIL • HOGAAME

# Noolow addoo Tubakada & Faybka Ka xoor ah



Ma doonaysaa inaad iska dayso sigaarka, faybka ama isticmaalka kale ee tubbaakada alaabta ah? Ma doonaysaanaad caawiso saaxiib iska daynaya? Hambalyo—taasi w'aa war fiican! Aad'ayaan ugu faraxsanahay inaad'gaadhay go'aankan, oo wa'xaan halkan u joognaa iinaan ku caawino dhexda nidaamka it. Waxaanu ku qalabaynayna si loogu qalabeeyo qaabaynta ilaha waxa uu sameeyay kuw a yaryar loogo talo galay markaa waxaad qaadi kartaa tallaabada xigta dhanka tubakada iyo faybka nololl ka xorah!

## 5 SABAABAHA AAD ISAGA DAYNAYSO



Isticmaalka tubakada iyo faybka alaabada waxay dhabt ahaan samaysaa dareenka walbahaarka, werwerka iyo walaaca **KA SII XUN**<sup>1</sup>



Waxaad **ilraalin doontaa maskaxdaada, sambabada iyo intaa hadhay eee xubnahaaga** laga bilaabo eal khataraha tukaabada isticmaalka iyofayb cabida.<sup>2</sup>



Waxaad kaydin **doontaa lacag** waxaad samaysaa mid wanaagsan lagu kharash gareeyo tubaakada iyo fayb cabida alaabta.<sup>3</sup>



Ma **uri doontid** sida qiiqa/aerosol.<sup>3</sup>



Waxaad iska ilaalin doontaa suurogal ahaan **Qabatinka maandooriyaha dheer**.<sup>4</sup>

## ? MAXAA XIGA?

### #1

### La xidhiidh fama **TAAGEER**

Kuwa ehelkaaga ah, dakhtarada iyo macalimiinta ayaa halkaa u jooga si ay kuu taageeraan adiga safarka iska daynta. Waxay doonayaan inay ku caawiyaan taallaabo kasta eoo jidka ah.

Noloshu waxay noqon kartaa mid werwer leh oo way ad adkaan kartaa in lala qabsado. Taasi waa sababta ay u tahay muhiim ilala hadlo qof awooda inuu caawiyo adiga in kastoo tan sida dhakhtarkaaga, waalidka, xubin qoys mid aad ku kalsoontay, a macalinka, la taliyaha dugsiga ama kalkaasliso.

### #2



### Ku soo biir **BARNAAMIJKA SIGAAR JOOJINTA**

Iska diiwaan geli barnaamijka iska daynta loogu talo galay gaar ahaan dadka dhalin yarta ah. Rog bogga liiska ilaha gaarka ah ee cabida sigaarka faybka ah ama alaabta buuriga guud ahaan.

<sup>1</sup> <https://www.cdc.gov/tobacco/e-cigarettes/health-effects.html>

<sup>2</sup> Dheefaha Iska daynta - Massachusetts ([mylifemyquit.org](http://mylifemyquit.org))

<sup>3</sup> Dheefaha Iska daynta Cabida Sigaarka Hadda | American Heart Association

<sup>4</sup> Dheefaha Iska daynta - Massachusetts ([mylifemyquit.org](http://mylifemyquit.org))

# Cabida faybka

## THIS IS QUITTING (TANI WAA ISKA DAYNTA)

Barnaamijka fariimaha bilaashka ah ee loogu talo galay inay caawiyaan dadka dhalin yarta ah inay iska daayaan cabida faybka. Fariimahu waxay muujinayaan dhinaca dhabta ah ee iska daynta macluumaadka lagu daray ee ka yimid dadka dhalin yarta ah si ay isaga daayaan mar hore.

Ka dib iska diiwaan gelinta, waxaad heli doontaa ugu yaraan 4 todobaad oo fariimo ku habboon da'daada ah oo kaa caawin doona dhisida xirfadaha iyo helida kalsoonida iska daynta.

Dhammaan barnaamijka, isticmaalayaashu sidoo kale waxay fariin ku diraan COPE, STRESS, SLIP ama MORE si ay u helaan taageero dheeraad ah.



13 ilaa 24



Ilaa 4 todobaad oo fariimo ah haddii aanad dejin taariikhda iska daynta  
Ilaa 8 todobaad oo fariimo ah haddii aanad dejin taariikhda iska daynta



Bilaash:



<https://truthinitiative.org/about-this-is-quitting>



Fariin qoraal ah ugu dir HEART lambarka 88709 si aad u hesho talo bilaash ah, tilmaamo iyo dhiirigelinta iska daynta sigaarka

# Menthol

## 1-800-QUIT-NOW

Kugu xidha adiga laynkaaga iska daynta gobolka halka ay bixiyaa taageerada caddaynta ku salaysan—sida la talinta, gudbinta barnaamijyada maxaliga ah iyo dawada bilaashka ah— ee dadka doonaya inay iska daayaan buuriga. Waxaad ka heli kartaa adeegyada laynka iska daynta gobol kasta, Gudaha Degmadda Columbia, Guam iyo Peurto Rico.

Dhammaan wicitaanada waxaa qarsoodi u haya tababaraha si aad ah ugu tababaran ka caawinta dadka iska daynta cabida sigaarka. Waxay fahmayaan waxa aad marayso—qaar badan ayaa isticmaalay cabitaanka sigaarka nafahoodu. Dhammaan waxaa loo tababaray inay noqdaan dhegastayaal wanaagsan oo ay dadka soo wacaya siiyaan dhiirigelin, taageero iyo tilmaamo caawimo leh.



DHAMMAAN



Tababaraasha iska dayntu waxya caawin karaan samaynta qorshaha adiga kugu habboon



Bilaash:



English 1-800-QUIT-NOW  
Isbaanish 1-855-DÉJALO-YA (1-855-335-3569)  
Mandaariin iyo Kaantooniis 1-800-838-8917  
Kuuriyaan 1-800-556-5564  
Fiidnaamiis 1-800-778-8440

# Dhammaan Alaabta Buuriga

## 2Morrow App

Abka caafimaadkaa 2Morrow waxa uu caawiyaa kurayda Gobolka Washington iyo dadka dhalinta yar inay bartaa qaabab cusub oo wax lagaga qabanayo korodhka faybka oo fududayn kara iska daynta sigaarka.



Kurayda iyo Dhalin yarada (13+)



Bilaash:



[doh.wa.gov/quit](http://doh.wa.gov/quit)

## Washington Quit Line

Ilaa 2000, Washington State Quitline waxay caawisay tobanaan kun oo dadka reer Washington ah inay iska daayaan cabida sigaarka. Waxaad heli kartaa la talinta bilaashka ah, qarsoodiga ah, mid ilaa mid ah oo ka timid Quit Coach, oo waxaad u qalmi kartaa dawooyin bilaash ah si ay kaaga caawiyaan iska daynta cabida sigaarka, faybka, ama buuriga kale.

Iska diiwaan geli adoo Soo wacaya 1-800-QUIT-NOW (1-800-784-8669); ama booqanaya quitline.com.

## NOT FOR ME (ANIGA IIMA AHAN)

Hagitaanka gaarka ah, barnaamijka shabakda ah ee moobilka laga isticmaalo ee siiya kurayda ilaha iska daynta cabida faybka, sigaar cabida ama alaabta kale eebuuriga ah.

NOT for Me waxa uu bixiyaa barnaamijka onlaynka 6 todobaad ah ee ay ku jirto 8 kullam ee iskood u socda ee ay adeegsan karaan dhalin yaradu fogaan ahaan. Gelida internetka waxaa looga baahan yahay in la soogalo. Soo dejinta abka looma baahna.



Dugsiga Dhexe iyo Dugsiga Sare



8 iskood u socda, kullamo xidhan (5 maalmood u dhexeeyaan kulamad) Ugu dhawaan 6 ttodobaad ilaa dhammaystirka



Bilaash:



<https://www.NOTforMe.org>

# Qoraal **ENDGAME 46839** fama aalado badan & ilaha