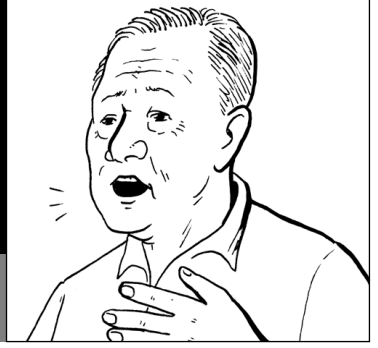


Qiiqa kayimaada dababka halis wayn ayuu kunoqon karaa dadka kawayn da'da 65



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



Yaree waqtiga aad banaanka kuqaadanayso, iskajir hawlaha shaqo ee xun hawada gudahana nadiifi marka heerarka qiiqu noqdaan "kuwo aan ufiicnayn dadka xasaasiyaadka qaba," "caafimaadka udaran," "aad caafimaadka ugu xun," iyo "oo halis ah."

Hadaad qabto xaalad caafimaad, sida xanuunada sanbabada ama wadnaha, sonkoroowga, aad kasoo bogsootay xanuunka istarooga ama aad qabto qaboow, raac filmaamahaan marka heerarka qiiqa hawadu yahay "dhexdhexaad."

Hawada gurigaaga gudihiisa ha ahaato nadiif



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

Isticmaal marwaxadaha 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



Hadaad qabo xanuunada wadnaha ama sanbabada xaaladaaduna kasii darto marka qiiqu kaco, laxariir dhakhtarkaaga caafimaadka. **Wac 911 haddii adigga ama qofkale xaalado khatar ah galo**—sida inaad neefsan wayso.

Wixii macluumaad dheeraad ah booqo: www.doh.wa.gov/SmokeFromFires