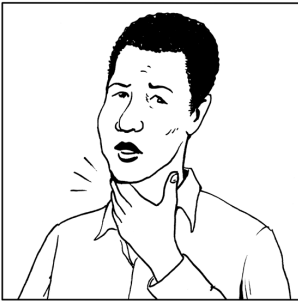


Qiiqa dababka kasoo baxa oo jirkaaga gala wuxu sababi karaa ama uu kasii dari karaa xaaladaha caafimaad.

BARO ASTAAMAHA LAGU GARTO

Hadaad qabto **xaalad caafimaad**, qiiqa kasoo baxa dabka ayaa kasii dari kara xaaladaada caafimaad. Marka heerarka qiiqu ay sareeyaan, xataa dadka caafimaadka qaba ayaa lahaan kara xaalado caafimaad ama dhibaato caafimaad.

Astaamaha xanuunka ayaa noqon kara xasaasiyad yar illaa oo dhibaatooyin dhimasho keeni kara, ayna kujiraan:



Cune xanuun



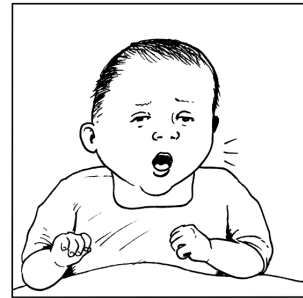
Madax xanuun



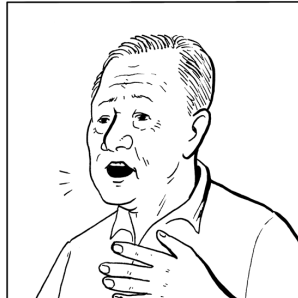
Indho gubasho



Qufac



Hindhiso



Neefta oo kugu yaraata



Xabad xanuun

Xaaladaha caafimaadka waxaa kamid noqon kara:

- Neefta
- COPD
- Sonkoroowga
- Wadnaha ama sanbabada xanuunada
- Xanuunada neef mareenka jiro
- Qaboow
- Dadka kabadbaaday istarooma



Hadaad qabto xasaasiyad yar qaado talaabooyin aad kudifaacayso caafimaadkaaga. Yaree waqtiga aad kubixiso banaanka gurigga, kafogoow shaqooyinka adag hawada gudaha gurigga nadiifi

Wac 911 si aad uhesho caawimaad deg dega ah hadii astaamaha xanuunku yihiin kuwo daran sida neefta oo kugu yaraata ama xanuunka xabadka.

Wixii macluumaad dheeraad ah oo kusaabsan sidaad caafimaadkaaga iyo badqabkaaga u ilaalin lahayd, booqo bogga Washington State Department of Health (DOH, Waaxda Caafimaadka ee Gobalka Washington) Smoke From Fires (uqaabilsan Qiiqa Dabka):

www.doh.wa.gov/SmokeFromFires