

Q: Wamaxay Hookah

Hookah waa tuubo loo isticmaalo sigaarka, sigaarkaasoo labiyey lana laqaboojiyay.

Tubaakada, oo badanaa loo yaqaan shiishada, waxaa si gaar ah loogu samaystay hookahs. Waxeyna ku yimaado dhadhamo badan sida cherrika, xanjada, iyo cappuccino. Tubaakada waxaa lagu kululeeyaa baaquli dul saran hookada kadib qiiqa biyaha ayuu dhex maraa si loo sifeeyo. Waxaa markaas soo jiida tuubo lagu dhuuqo.

Hookah magacyo kala duwan ayaa loo yaqaan oo ay kamid yihiin narghile, shisha, goza, bubbly bubbly.



Hookah waa khatar sida sigaarka oo kale

Hookah waxey leedahay wax yaabo badan oo caafimaadka aanan u fiicneyn sida sigaarka ookale. Waana dhibaato sii kordheysa dhinaca dhalanyarada

Fasalka 12aad ee Washington state ayaa lagu sheegay in isticmaalka hookada uu ku kordhay 13% sanadkii 2008 ilaa 17% ee 2012 (caafimaadka dhalinyarada survey, Icticmaalka xogta 30-maalin)

Cabitaanka Hookada

Khatar ayey kutahay caafimaadkaada sida sigaarka oo kale

Hel xaqiiqada



Brochure Created by Amia Kane

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Transforming lives



Su'aalo caadi ah



David Kótai

Q: Cabitaanka hookada ma la qaban ogyahay

Ha, Nicotine, kiimikada ku jirta tubaakada oo qabatin leh, Aad ayaa loo qaban ogyahay hookada. Dadka isticmaala hookada waxey u muuqdaan in ay qiiqa jiidaan oo ay qiiqaa sanbabadooda uu ku xiro xili dheer, waayo qiiqa hookada wuu culus yahay, Waxaa laku dhadhamiyay molasses, miro, iyo maadooyin kale. Maadaama laqaboojiyay markii ay biyaha soo martay, waxey sabab u noqoneysaa

Sharci daro miyaa is ticmaalka hookada

Sida sigaarka oo kale isticmaalka hookada loo ma ogala meelaha bulshada iyo goobaha shaqada, ama in u jirta 25ft banaanka markii aad usoo baxdo ir-daha, dariishadaha, iyo darriqa (Smoking in Public Places law, RCW 70.160). Waa in aad jirtaa 18 sano ama aad kaweyn tahay hadii aad rabo in aad kadato ama



David Kótai

Q: Waa maxay dhibaatooyinka caafimaad ee cabitaanka hookada ka imaan kara ?

In kastoo cilmika cabitaanka hookada ay cusub tahay, waxaa la hayaa cadeymo tusaya dhibaatooyinka badan oo ka imaan kara cabitaanka

- Hookah waxaa kujira **Carbon Monoxide (CO)** aad u badan. Hookada badanaa waxey isticmaashaa dhuxul si loo kululeeyo tubaakada, midaasoo keeni karto **sumow CO**. CO waa kaas aan midan laheyn oo keeni kara jirooyin lama filaan ah iyo waliba dhimasho. Calaamadaha ugu caansan ee sumowga CO lagu garto waxaa ka mid ah madax xanuun, tabardaro, lallabo, matag, xabad xanuun, iyo jahwareer.
- Qiiqa huukada waxaa kujira in badan oo ah **Tar, maedan culus, iyo maadooyin kale oo keena kanserka. Xaqiiqiina dadka caba hookada waxey la kulmaan CO iyo qiiq ka badan midka sigaarka.**
- Dadka agg jooga qofka hookada cabaya khatar ayey ku jiraan sida asaga oo kale, waayo qiiqa Ayay wada jiidaan. (waa khatar in aad ku cabto hookada gurigaada iyo gaarikaada dhexdiisa).
- Sida sigaarka oo kale, hookada waxey keeni kartaa kansarka kudhaca sanbabka, afka, dhuunta, iyo caloosha. Cudurka wadna, cudurka sanbabka, iyo bacriminta oo hoos u
- Dumarka uurka leh oo caba huukada waxey u keeni kartaa in ay dhalaan ilmo
- Tuubooyinka hookada lagu dhuuqo oo meelaha la iskugu yimaado yaala waxey ubadan tahay in aysan nadiif aheyn oo aan si fiican loodhaqin. **Khatar ayaad ugu**

Hadii aad cabto hookah hal saac waxaan nuugeysaa qiiq **kabandan** sigaarka qiiqiisa in le'eg 100-200 jeer.

Q: Ma hookadaa ka amaan badan sigaarka? Waxaa la igu yiri biyaha hookada loo isticmaalo ayaa sifeysa oo ka sifeysa tubaakada sunteeda.

Cabida hookada kama amaan badna mida sigaarka. Tubaakada sunta kujirta kuma siffeynsato biyaha ay soo dhexmarto. In kastoo umuugaadato hookada inay ka amaan badna tahay sigaarka cabidiisa, waayo biyo ayey soo dhex martay. Xaqiiqadu sidaa ma'ahan. Khatarada kasoo gaari karta labadoodu waa isku mid. Laga yaabo dadka hookada caba in ay ka qiiq cab badanyihiin kuwa sigaarka caba.



Dadka caba hookada ayaa ka qiiq cab **badan** kuwa sigaarka caba, waayo qiiq badan ayay nuugaan isla markaa.