

# Sigaar Cabida iyo Ilmahaaga

## Smoking and Your Baby

Secondhand smoke is the smoke from the burning end of a cigarette, pipe or cigar, and the smoke exhaled by the smoker. Secondhand smoke exposes your baby to toxic chemicals that can cause serious health problems. In fact, babies exposed to this smoke are more likely to die before their first birthdays.

Give your baby a healthy start by quitting smoking and not letting others smoke around you or your baby.

- Set rules for people who smoke to always go outside.
- Never allow smoking in the car, even when the window is open.
- Do not spend time in places or homes that allow smoking.
- Find smoke-free places to eat when you go out.
- Smoke that lingers on clothing can also be a hazard for babies. Have anyone who will hold the baby change their shirt if it smells like smoke or place a blanket over their clothing.

### How it helps your baby

Babies who live in smoke-free homes often have:

- Fewer coughs and chest colds.
- Lower chances of getting bronchitis or pneumonia.

Qiiqa labaad waa qiiqa ka soo baxa dhamaadka gubashada sigaarka, beebka ama gumaadka sigaarka, iyo qiiqa uu soo afufo qofka cabaya sigaarka. Qiiqa labaad wuxuu ilmahaaga u gudbiyaa kiimikooyin sun ah oo sababi kara dhibaatooyin caafimaad oo daran. Xaqiiqdii, ilmaha qiiqaan uu inta badan gaaro waxay u badan yihiin inay dhintaan kahor sanad guuradooda koowaad la gaarin.

Sii ilmahaaga nolal billoow ah oo caafimaad qabta adiga oo joojinaya sigaar cabista oo u diidaya dadka kale inay sigaar ku cabaan agagaarkaaga ama meel u dhow ilmahaaga.

- Sharciyo deji ku saabsan in dadka sigaarka cabba inay had iyo goor dibadda ula baxaan.
- Waligaa ha u oggolaan in sigaar lagu dhex cabbo gaariga, xitaa haddii daaqadduhu furan yihiin.
- Waqti ha ku qaadan meelaha ama guryaha loo oggol yahay in sigaar lagu cabo.
- Raadi meelo aan sigaar lagu cabi karin markaad banaanka aado.
- Qiiqa sigaarka ee dhex gala dharka ayaa sidoo kale khatar ku noqon kara ilmaha. Qof kasta oo haynaya ilmaha ha iska badelo shaatiga haddii uu u urayo sida qiiqa ama buste dul saar dharkooda.

### Sida ay u caawinayso ilmahaaga

Ilmaha ku nool guryaha aan qiiqa lahayn ayaa had iyo jeer leh:

- Qufac iyo hargab aad u yar.
- Fursado aad u yar oo ay ku qaadaan boronkiitada ama oofwareenka.

- Fewer ear infections.
- Have asthma attacks less often and less severe, if they have asthma.
- Lower chances of dying from SIDS.
- Infekshinka dhegta oo aad u yar.
- Fursado aad u yar oo ku soo qabata neefta, haddii ay qabaan cudurka neefta.
- Fursado aad u yar oo ay ugu dhiman karaan SIDS.

## If you smoke, make a plan to quit

Smoking is dangerous to your health. Quitting will reduce your risk of dying from heart disease, blood vessel disease, lung problems, cancer and stroke.

Talk to your doctor about quitting. Ask about classes and support groups in your area. Also ask about medicines and other aids to help you quit.

Get support and encouragement from family and friends. Ask for advice on new ways to relax and deal with stress.

Before you try to stop smoking, commit to stopping. Smoking is a learned behavior that you must unlearn. It is not easy to stop, but it can be done if you are serious about quitting. Stopping will help you live a healthier and longer life. There is also less risk your children will smoke someday.

## Haddii aad sigaar cabto, samee qorshe aad ku joojiso

Sigaar cabiddu waxay khatar ku tahay caafimaadkaaga. Joojinta cabida sigaarka waxay yareyn doontaa halista ah inaad ku dhimato cudurada wadnaha, cudurka xididdada dhiigga, dhibaatooyinka sambabka, kansarka iyo istaroorga.

Kala hadal dhakhtarkaaga joojinta cabida sigaarka. Weydii wax ku saabsan xiisadaha iyo kooxaha taageerada ee ka jira deegaankaaga. Sidoo kale weydii wax ku saabsan daawooyinka iyo aaladda kale ee kaa caawin kara joojinta cabista sigaarka.

Taageero iyo dhiirrigelin ka hel qoyska iyo asxaabta. Raadi talo ku saabsan qaabab cusub oo aad ku dejiso oo aad ula tacaasho walaaca.

Kahor inta aadan isku deyin inaad joojiso sigaar cabista, go'aan ka gaar joojinta. Sigaar cabiddu waa dhaqan la bartay oo ay tahay inaad iska deyso. Ma fududa in la joojiyo, laakiin waa la samayn karaa haddii ay dhab ka tahay joojinta. Joojinta sigaar cabista waxay kaa caawin doontaa inaad noolaatid nolol caafimaad iyo cimri dheeri leh. Waxaa sidoo kale jirta khatar yar oo ah in carruurtaadu sigaar cabi doonaan mustaqbalka.

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