

WAA WAX AAD KUU QABANAAYAA!
WAXAAN LEEYAHAY ASTAAMO
CAAFIMAAD XUMO, LAAKIIN WELI
ISKAMA JOOJIN KARI
CABBIDA SIGAARKA...



Cabbida sigaarka waxay dwaawac u geysan kartaa
sambabyadaada iyo dwaawac.

Waxa kale oo kugu dhici kara wadna xanuun.

Joojinta cabbida sigaarka had iyo jeer waa wax wanaagsan.

Haddii aad rabto inaad wax badan ka ogaato
caawimada bilaashka ah ee joojinta cabbida
sigaarka, booqo websaydkan: www.ikstopnu.nl

Muhiim miyey kuu tahay inaad joojiso cabbida sigaarka? _____

Sidee ayey muhiim u tahay? _____

Xiriirka: _____



HADDII AAN RABO INAAN JOOJIYO
CABBIDA SIGAARKA, UMA
BAAHNI CID I CAAWISA !

WAXAAD TIRI WAXYAABO
ISKU MID AH LIXDII JEER EE
UGU DAMBAYSAY, DOQON !



Joojinta cabbida sigaarka waa wax aad adigu sameyn karto laakiin way sahlan tahay haddii aad hesho caawimo.

Waxaad caawimaad ka raadsan kartaa dhakhtarkaaga ama tababarahaaga. Dhakhtarka ama tababaraha ayaa ku siinaya talo ku saabsan sida loo joojiyo cabbida sigaarka.

Waxa kale oo aad ku biiri kartaa koox dad wada doonaya inay joojiyaan cabbida sigaarka. Caymiska caafimaadka wuxuu kaa caawinayaa joojinta cabbida sigaarka. Markaa caawimadu waa bilaash. Ma aha inaad bixiso lacagaha dheeraadka ah ee kaa go'i kara.

Ka hel caawimaad dhakhtarkaaga ama wac khadka caawimaada ee bilaashka ah 0800-1995 Ama eeg websaydkhan: www.ikstopnu.nl

Yaad jeclaan lahayd inaad waydiiisto inuu kaa caawiyo joojinta cabbida sigaarka? _____

Xiriirka: _____



QALBIYAN. WAXAAN MAR HORE
JOOJIYAY CABBIDA SIGAARKA!



Dad badan ayaa raba inay joojiyaan cabbida sigaarka.

Muhiim miyey kuu tahay inaad joojiso cabbida sigaarka? _____

Sidee ayey muhiim u tahay? _____

Haddii aad rabto inaad wax badan ka ogaato

caawimada bilaashka ah ee joojinta cabbida

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Xiriirka: _____

PHAROS

A cartoon illustration of a man with a beard and a mustache, wearing a brown shirt and a white apron. He is standing in a kitchen, holding a wooden spoon and stirring a pan on a stove. There are several round objects, possibly tortillas or bread, on the stove. In the background, there is a tiled wall with two frying pans hanging on it, and a shelf with various kitchen items like a pepper grinder and bottles.

WAAD KU MAHADSANTAHAY INAAD
KUSOO CABBTID SIGAARKA DIBADDA!

A cartoon illustration of a woman with curly hair, wearing a brown turtleneck sweater and a plaid skirt. She is standing in a doorway, looking surprised or questioning. She is holding a small object in her left hand. The background shows a dark night sky with stars.

HUBAAL, LAAKIIN QIIQU MA
JOOGI DOONAA DIBADDA?

Markaad bannaanka kusoo cabto sigaarka, waxaad guhada soo gelinaysaa sunta sigaarka.

Maaddooyinkani waxay ku milmaan wax kasta:

sida maqaarka, dharka, alaabta guriga iyo rooga.

Tan waxa loo yaqaana sigaarka gacanta saddexaad.

Caruurto waxay ku taabtaan wax walba farahooda.

Tani waa sida ay ku liqaan sunta.

Haddii aad rabto inaad wax badan ka ogaato

caawimada bilaashka ah ee joojinta cabbida

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Xiriirka:

PHAROS

WAXAAN CABBAA SIGAAR, LAAKIIN
WALBAHAARKAYGU IGAMA DHAMAADO!



Markaad joojiiso cabbida sigaarka, waxaa laga yaabaa inay weli noloshaada ku dhacaan waxyaabo ku siiya walbahaar.

Markaad joojiiso cabbida sigaarka, waxaad si fiican u maareyn kartaa walbahaarka.

Haddii aad rabto inaad wax badan ka ogaato caawimada bilaashka ah ee joojinta cabbida sigaarka, booqo websaydkan: www.ikstopnu.nl

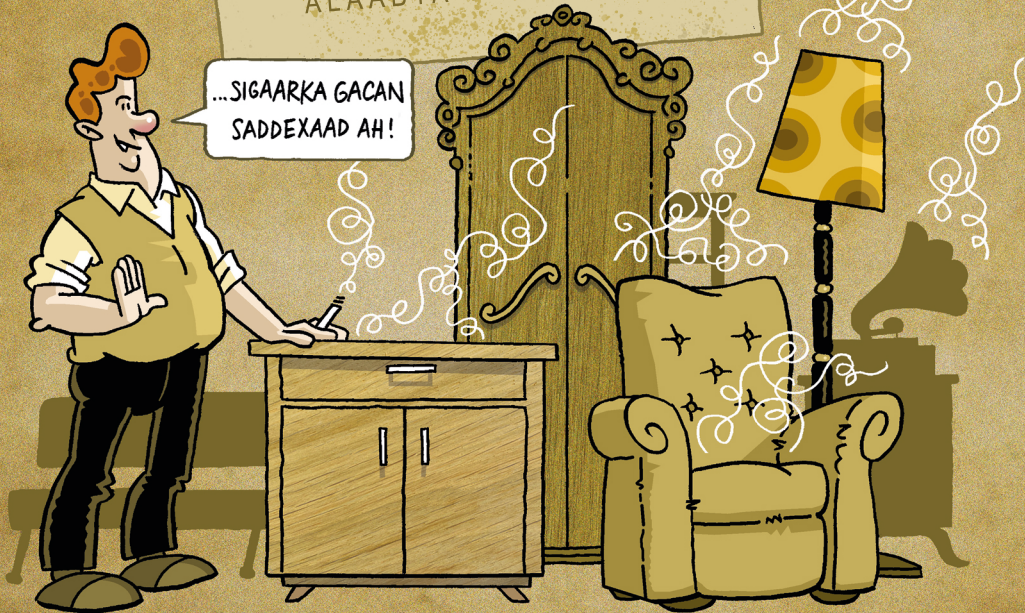
Maxaad doonaysaa inaad ka yeesho walbahaarkaaga? _____

Xiriirka: _____

Sheeyaha duuga ah

ALAABTA CELISKA AH

...SIGAARKA GACAN
SADDEXAAD AH!



Markaad bannaanka kusoo cabto sigaarka, waxaad guhada soo gelinaysaa sunta sigaarka.

Maaddooyinkani waxay ku milmaan wax kasta:

sida maqaarka, dharka, alaabta guriga iyo rooga.

Tan waxa loo yaqaana sigaarka gacanta saddexaad.

Caruurta waxay ku taabtaan wax walba farahooda.

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Haddii aad rabto inaad wax badan ka ogaato

caawimada bilaashka ah ee joojinta cabbida

sigaarka, booqo websaydkan: www.ikstopnu.nl

Xiriirka: _____

Sheeyah
duuga a

PHAROS