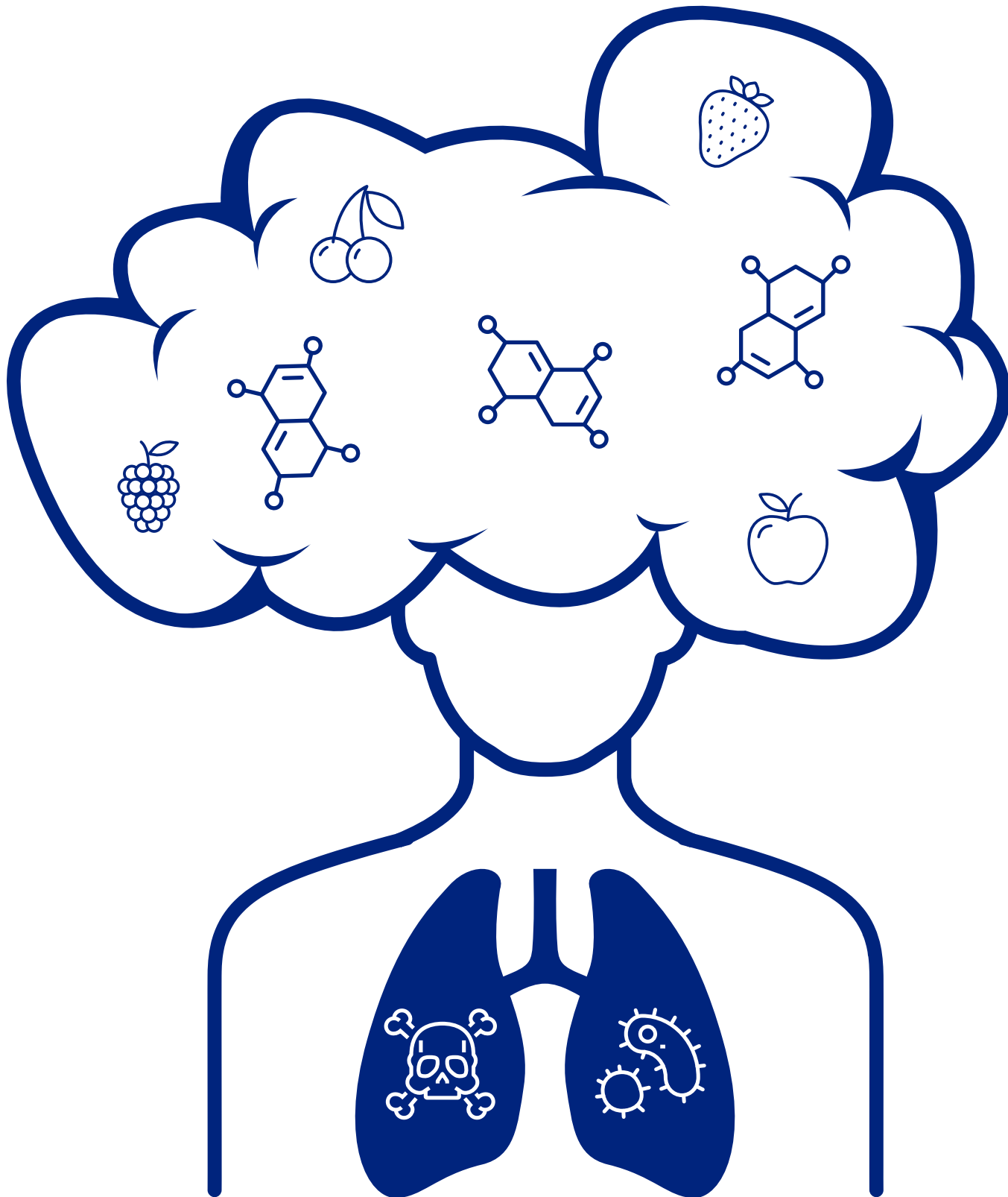




# MA GARANAYSAA WAXAAD NEEFSANAYSO?



**Ma aha miro kaliya, waa nikotiin! Dhadhanka ayaa laga yaabaa inuu u ekaado mid soo jiidasho leh laakiin saameynta caafimaad ee muddada-gaaban ee uumiga waxaa ka mid noqon kara: cuncun afka ama cunaha, qufac, neefta oo gaaban, madax-xanuun iyo lallabo. Wax badan baro ka hor intaadan isku dayin!**

Wixii macluumaad dheeraad ah oo ku saabsan sigaarka, fadlan booqo  
**[OttawaPublicHealth.ca/TobaccoAndVaping](https://OttawaPublicHealth.ca/TobaccoAndVaping)**

