

TUBAAKADA IYO SHIISHADA EE DA'DA 21

21 DA'DA 21 WAA SHARCI



Halkaan waxaa ku qoran qaar kamid ah dhalinta **18-20 sano jirada** ah oo ay tahay inay ka bartaan sharciga cusub:

Waxaan ahay 18 jir waxaana cabaa shiishada. Maxaa ku dhacaaya dhalin 18-20 jirada ah ee sigaarka caba ama shiishada cabba hadda? 🤔



Laga bilaabo Janaayo 1, 2020, waa ka mamnuuc in dukaanadu kaa iibiyaan maadooyinka tubaakada ama shiishada haddii aad ka yartahay 21, xataa haddii aad iibsantahay jirtay lagasoo bilaabo da'daadii 18. Xeerkaan ma badelaayo ciqaabaha la mariyo iibsiga, haysashada, ama adeegsiga maandooriyaashaan. Haddii aad jirto 17 ama kasi yar tahay, waxaad sii wadi doontaa inaad waajahdo ganaaxyada iyo ciqaabaha lagu marsiinaayo haddii aad iibsato, haysato, ama isticmaasho maadooyinka.



KA YAR 21: Hadda waa ka xaaraan dukaannadu inay kaa iibshaan aaladaha shiishada, dareerayaasha korontada ku shaqeeya ama bakaadaha.



21+: Waa da'da cusub ee sharciga ah u fasaxaysa dukaannada inay kaa iibiyaan aaladaha shiishada, dareerayaasha korontada ku shaqeeya ama bakaadaha.



KA YAR 21: Hadda waa ka xaaraan dukaannadu inay kaa iibiyaan: sigaarka, tubaakada aan qiiqa lahayn, sigaaryada, kuwa la qasi karo, xashiishka, hookah iyo tubaakada la duubto, jeelka nicotine ta.



21+: Waa da'da cusub ee sharciga ah u fasaxaysa dukaannada inay kaa iibiyaan: sigaarka, tubaakada aan qiiqa lahayn, sigaaryada, kuwa la qasi karo, xashiishka, hookah iyo tubaakada la duubto, jeelka nicotine ta.

Waa maxay sababta waashington u meel marisay sharcigaan cusub? 🤔



In kabadan 8,000 oo dadka reer Washington ah ayaa u dhintay sanad kasta adeegsiga tubaakada, dadka ugu badan ee sigaarka cabana waxay kasoo bilaabaan ka hor da'da 21. Sharcigu wuxuu gacan ka gaysanayaa ka difaacida dhalin yarada dhibaatooyinka caafimaad ee ka dhalanaaya adeegsiga tubaakada iyo shiishada.

DADKA TUBAAKADA ISTICMAALA WAXAY:



25 Jeer in kabadan waxay u badan yihiin inuu ku dhaco kansarka sanbabada.



12 Jeer in kabadan waxay u badan yihiin inay u dhintaan xanuunka wadnaha.



2-4 Jeer in ka badan ayay u badan yihiin inuu ku dhaco xanuunka wadnaha ama istarooma.

Lama xaqiijin in shiishadu waxtar u leedahay joojinta sigaarka, dad badan ayaana shiishada iyo sigaarkaba isku wada. Maandoriyaasha dareeraha ah waxaa ku jiri kara nicotine iyo maadooyin caan ku ah inay keenaan xanuunka sanbabada. Sidoo kale waxay khatar sun ah ku yihiin carruurta yaryar.

30%

ee ardayda fasalada kore ee dugsiga sare ee ku nool Washington ayaa shiishad cabay sanadkii 2018.



100%

birtaha JUUL waxaa ku jira heerarka maadada nicotine oo u dhigma inta kujira baakada dhan ee sigaarka.



????

Maandoriyaasha dareeraha ah waxaa ku jira kiimikooyin iyo maadooyin aan la aqoon.



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WAA SHARCI**

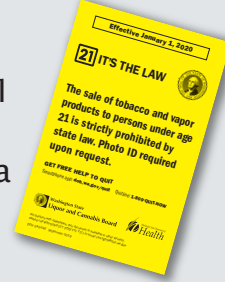


Halkaan waxaa ku qoran qaar kamid ah dhalinta **18-20 sano jirada** ah oo ay tahay inay ka bartaan sharciga cusub:

Dukaanka xaafadayda waxa u badan tahay inuu sii wadi doono inuu iga iibsho hadday rabaan ganacsigayga. 😊



Ma awoodi doonaan inay sii wadaan inay kaa iibshaan waayo sharciga ayaa ka mamnuucaaya. Ka iibinta tubaakada ama alaabaha shiishada dadka ka yar da'da 21 waa danbi culus waxayna keeni kartaa xukuno danbi, ganaaxyo, ama labadaba. Karaaniyada iyo mulkiilayaasha dukaanka waxaa laga doonayaa inay raacaan sharciga.



Hadda waan cabaa shiishada, laakiin waxaa laga yaabaa inaan doonaayo inaan iska joojiyo. Sidee ayaan iskaga joojin karaa? 😊



Booq barta **doh.wa.gov/quit**. Xasuusnoow, maadada nicotine ee ku jirta tubaakada iyo maadooyinka shiishada waa mid si xun loo qabatimo, si lamid ah maandooriyaasha cocaine ama xataa heroin. Waana taas sababta ay u qaadan karto iskudayo badan si aad si guul leh iskaga joojiso tubaakada. Hase yeeshee, hadba intay bataan iskudayada joojintu, ayay u sii dhaw dahay inay ka guul gaaraan iskudaygooda xigga.

Waxaad soo dagan kartaa **app** app si uu kaaga caawiyo joojinta, sidoo kalana waxaad baran kartaa **qaabab** kale:



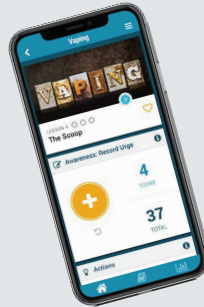
La hadal **Tababaraha** Tubaako
Joojinta. Washington State Tobacco
Quitline (Wac Laynka Tubaako
Joojinta ee Gobalka Washington)
ama Iska qor barta **quitline.com**.



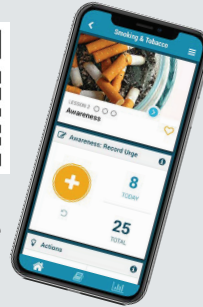
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Iskaan garee
koodhka QR
ee kore



Waxaa siidheer qalabka aad naftaada u kaashanayso sida app ka, iyo ilaha talo bixinta sida Quitline, daawooyin iyo ilo kale oo aad ku joojin karto tubaakada ayaad heli kartaa. Booqo: **doh.wa.gov/quit**

Dadka naafada ah, dukumiintigaan waxay kuheli karaan qaabab kale. Fadlan wac 800-525-0127 (TDD/TTY 711) ama imeel civil.rights@doh.wa.gov.

Washington State Department of
Health

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