



¿Waa Maxay Hawada Xumi?

Hawaada xumi waa eray ballaadhan oo lagu dhaxlo waxyaabaha la xidhiidha kimikaliska iyo bayooligalka isla markaana beddela waxyaaba dabiiciga ah sida hawada caafimaadka dhulka.

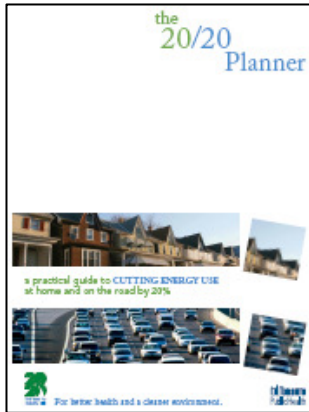
Hawada xumi waxay ka timaddaa melo badan oo waxyeeleeya caafimaadkeena waxaana ka mid ah:

- ✓ Wershadaha
- ✓ Waxyaabaha kulaylka iyo qabowga keena
- ✓ Gawaadhada
- ✓ Boodhka
- ✓ Qiiga
- ✓ Gobadka dhirta la gubayo



¿ Sidee Baad U Cawinkarta Hawada?

Inaad varayso wisikhaynta hawada aad u qaysanaysid.



20/20 waa dariiga hawada fiican. Waa olole kaa cawinaya yaraynta tamarta. 20% oo isticmalaan guryaha iyo qawaadhida.

- ☺ La socodka qorshaha 20/20 iyo waxyaabaha muhiimka ah ee ololaha looga bartinyahay.
- ☺ Alaxay kaa caawiaayaan claryeela, tayada hawad, caafimadh yaraynta fiimaha tamarta iyo kordhinta haboonanto guriga, waxaad wici karta hotline 416-392-2020 (toll free 1-866-583-2020) si aad uga hesho nogul kuu gaartaa qorshaha 20/20.



Environment & Development
Education Partners

Cabbirka Tirada Hawada Fiican

Future Watch-Muscaqbalka waxa kordhaya cadadka jinsiyadaha kala duwan ee degaan guryaha qiimaha hoose waxanu wararka ku helayaan lugadaha – English, Spanish iyo Somali. Si ay u fahmaan ololaha cusub Cabbirka Tirada Hawada Fiican iyo barnaamijka cusub ee 20/20. Hawada xun ee wax u dhimaysa Caafimaadka dadweynaha, taaso muhiim u ah laalinta tamarta hawada fiican iyo caafimaadhka bulshada.



ARAGTIDA CUSUB EE HAWADA FIICAN.

Ogow goorta aad wax ka qaban lahayd cabbirka tirada hawada fiican ee khusaysa caafimaadkaga, oolagu miisaamo 1 ilaa 10. nambarka hoose ayaa ugu khatar yar.

Ilaali caafimaadka, la soco nambarata. BogoWWW.airhealth.ca

Haddaad doonayso inaad wax ka ogaato Cabbirka Tirada Hawada Fiican, waxad ku helaysa lugadaa Somali iyo Spanishka. Fadlan la xidhiid @ Info@futurewatch.net - www.futurewatch.net (416) 926 1985



Toronto
Community
Housing
CHU 24



ILAALI CAAFIMAADKAAGA OGOW TIRADA

1	2	3	4	5	6	7	8	9	10	+
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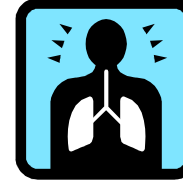
1-3 Hoos 4 – 6 Dhaxdha Xaad 7 – 10 Sare Waxii ka sareeya 10 Aad sare

Heerka Khatarta	Tirada Akhriska	Waxyaabaha loo baahan yahaay in la sasameeyo	
		Shacabka ku sugan khararta *	Shacbiga guud
Hoos	1 – 3	<ul style="list-style-type: none"> Jimicsi iyo lugabaxsi samee. La soco talada dakhtarkaa ee jimicsiga. 	<ul style="list-style-type: none"> Jimicsi caadi ah sports, baaskeel wadis iyo so codka
Dhaxdha Xaad	4 – 6	<ul style="list-style-type: none"> Haddii aad leedahay wadna xanuun iyo neef, yaree jimicsiga iyo socodka dibada. La soco talada dhakhtarka si aad ula socotid arrimahaada caafimaadka. 	<ul style="list-style-type: none"> Looma baahna in la beddelo gaabka jimicsiga.
Sare	7-10	<ul style="list-style-type: none"> Caruurta, dadka waawayn ee leh wadna xanuun iyo neef waa in ay yareeyan dhaqdhaqaaqa jimicsiga. La socco talada dhakhtarka si aad ula soco tid arrimaha caafimaad kaaga. 	<ul style="list-style-type: none"> Qofka dareema cafimad xumi la xidhiidha qufac, cuno, xanuun waa in uu yareeya dhaqdhaqaaqa jimicsiga debaada.
Aad Sare	Waxii ka sareeya 10	<ul style="list-style-type: none"> Caruurta iyo dadka waawayn ee leh wadna iyo neef waa inay yareeyaan dhaqdhaqaaqa debedda. La socco talada dhakhtarkaaga si aad ogatid arrimaha caafimaadkaaga. 	<ul style="list-style-type: none"> Qof walba waa inuu yareeya dhaqdhaqaaqa debedda, siiba haddaad isku aragto calool xanuun.

*Dadka dhibaataada wadna xanuunka iyo neefta leh waxay ku sugan yihiin khatar culus. La soco talada dhakhtarka oo ah jimicsiga iyo dhaqdhaqaaqa.

Warar dheeraad ah waxaa laga helaa www.airhealth.ca

Barashada Cabbirka Tirada Hawada Fiican



Isku celcalin qofku waxa uu neefsadaa 20,000 jeer maalintii. Waxa layaable 10,000 oo litir oo hawo ayaa sambabadaa mara maalin walba. Miyaanay caawino ahayn inaad ogaato siday hawaadasi u saamaynayso caafimaadkaga iyo inaad ogaato goortaad firfircoonaan karto?

Cabbirka Tayada Hawada Fiican waa qalab lugu qiyaaso tayada hawada.

- ✓ Waa qalab si hawl yar loo isticmali karo laguna cabir karo tayada hawadakuuna sheegi kara khalatka la xidhidha qiyaasta hawada xun.
- ✓ Waxa sameeyey dawladda Fadaralka, lana kaashatey gobolka dawladda hoose iyo ururada aan dawliga ahayn.
- ✓ Tijaabista barnaamijkan oo bilaabmay July 2007, kuna fidaya Toronto iyo hareeraheeda 2008 ka.
- ✓ Waa qalab kaa caawinaya kuna sheegi kara maalinta hawadu fiican tahay, maadaama dhaqdhaqaaqa badani uu kordhinayo hawada aad neefsanayso.
- ✓ Cabirka Tayada Hawada Fiican waxay kaa caawinaysaa goortaad dhaqdhaqaaq badan samaynayso iyo goortaad yaraynayso.

1 ilaa 10

Cabirka hawada tirada fiican waa wax howal yar: waxuu cabiraa tayada hawada lana xiriirta caafimaadka oo lagu cabiro tirada ah 1 ilaa 10. Waxaana loo cabira sidan tirada 1 waa khatar yar. 7 waa khatar badan.



Ma ogtahay?

Baaskeel u raacdid ama u lugaysid shaqada inaanay hawada wisikhaynaynin caafimaadkaagana u fiican tahay

Yaa khatar ku jira?

Dadka wadna xanuunka iyo neefta ayaa ku xanuunsta hawada xun.