



Qaabka Ammaanka ah ee Ilmahaaga loo Seexiyo



Sigaar Ha Cabin



**Boon-balo Sariirta ha
Dhexgelin**



Ilmahaaga Sariirtiisa ku Seexi



**Ilmahaaga Dhabar-dhabar
u Seexi**



**Saxiirtiisa Wax Barkin ah
ama Wax u Eg ha U Dhigin**



**Go' Sariirta Jin La' ah oo
Daboola Geli**



**Sidaas ha u Kululeyn ama
Dhar Badan ha Labisin**



**Ilmaha Waa in ay ku
Seexdaan Joodari Taagan**

**Xuusnaw ABCda Hurdada Ammaanka:
Ilmaha waa inay Kaligoodu [Alone] seexdaan, Dhabar-dhabar
[Back] u Seexdaan, oo ay Sariirtoodu [Crib] ku seexdaan**



Waaxda Caafimaadka ee Tennessee
safesleep.tn.gov



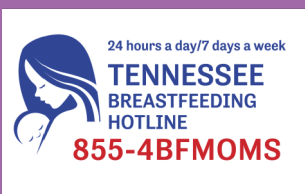
kidcentral.tn.gov



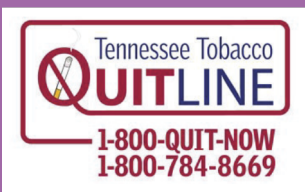
Department of Health. Authorization No. 343123, number of copies 160,000.
This public document was promulgated at a cost of \$.02 per copy. 09/15.



Miyaad u baahan tahay meel ammaan ah oo ilmahaaga seexo? Illooyin xaafaddaahga u dhow ka raadi:
Cribsforkids.org/find-a-chapter



Ma qabtaa su'aalo ku saabsan naasnuujinta ama ma u baahan tahay taageero? Wac!
855-4BFMOMS



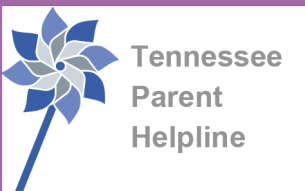
Ma u baahan tahay kaalmo dhinaca joojinta cabida sigaarka? Soo wac Qatka Joojista Cabida Sigaarka ee [Tennessee Tobacco Quitline] **1-800-784-8669**



Ma u baahan tahay caymis caafimaad? Fadlan booqo HealthCare.gov si aad isugu qorto TennCare ama wac
1-800-318-2596



Xarunta Sumowga ee Tennessee [Tennessee Poison Center] waxay kuu fidinaysaa talo dhanka xaaladdaha deg-degga ee sumowga. Wac **1-800-222-1222**



Qadka-caawinaadda Waalidka waxay waalidiinta iyo daryeel bixiyayaalka ay heli karaan 24/7 wixii kasta oo ay su'aallo ee ay qabaan way soo wici karaan. Wac **1 800-1-CHILDREN**



Wixii xog ah oo ku saabsan illaha caafimaadka dhallaanka iyo ubadka booqo: **kidcentraltn.com**