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Cancer
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Booni-gbwaabsige-daa

*Gego bgidnange bemaabtek zgaswaang gegoo
wii-doodaagyin gdabnoojiinmak gewe miinwaa
gwiidgemaagan gegoo wii-doodaagwaat*

Clear the Air

*Protect yourself and your family
from second-hand smoke*



**Bekish zhibiigaade
ge-zhichgewaapa
zegswaajik zegswaa-
sgok gewe**

Gego Miinwaa Wiikaa Wiya Da-Mog-sii

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Nniizaanat bemaabtek zgaswaang

Zgaswaat wiya besha yaayin, gdoo-danaamtaan wi bemaabtek. Niibna enchiying maanda gdoo-danaamtaanaa gkendziwang maage go gkendming, bmi-yaaying megwe-bemaadis, besha shkwaandeming miinwaa enji-nakiing. Zgaswaat wiya biindik maage biinji-daabaaning, kina wiya zhiwi biindik maage biinji-daabaaning eyaat danaamtaan wi bemaabtek.

Nawaj gegoo temgat zhiwi bemaabtek zgaswaang: carbon monoxide (myaajaamgak daabaan zaagdaapsat), ammonia (etek zhiwi waasechgan biintoong en'kaazang), cadmium (battery-ing etek) miinwaa arsenic (etek zhiwi en'kaazang gchi-waawaabgonoojiinh nsin).

12 nso-dbagaans piichi-gbeyiing dnaakza bezhik semaans, wa shwii go zegswaat aabta-dbagaans eta piichi-gbeyiing kina maamwi danaamtaan jaagzat wa semaans. Bmaabte dash wi aanin bte jaagzat wa semaans, mii dash danaamtamwaat wi bemaabtek giwi zegswaajik zegswaa-sgok gewe. Washme 4000 chemicals tenoon bteng jaagzat wa semaans. Gkenjgaade mogwaat bemaadzijik niibna go nanda chemicals nji.

Enso-ngo-bboon'gak, washme 1000 zegswaa-sgok Canadians njinewak maanda nji bemaabtek zgaswaang.

Ezhi-nniizaanak bemaabtek zgaswaang dbaadjigaade maanpii mzin'igning. Gezichigemba gewe gegoo wii-bwaa-zhiwebziyin gniijaansak gewe gegoo wii-bwaa-zhiwebziwaat maanda nji, dbaadjigaade maanpii.

Wegnesh yaawang maanda bemaabtek zgaswaang?

Na'ii maanda bte jaagzat semaans, maage semaanh pwaagning jaagzat, maage cigar-ing wendaabtek. Na'ii gego maanda aawan bte zyaagji-boodaadang wa zegswaat.

Gdaakziikaagon maanda bemaabtek zgaswaang

Minj go piichi-bangii maanda bemaabtegwenh, nniizaanat.

Na'ii ezhwebzing maanda nji, gaagii-shkiinzhwem, gaagii-gondaagnam, jaanzhing gegoo zhayaam, dewkwem, sasdamaam, gaazknaamam, maazhde'em miinwaa giuwshkwem. Washme gewe gwenpanis wii-gigkaayin miinwaa wii-dkajyin. Asthma gewe wiya daa-mookiitaagon danaamtang bemaabtek zgaswaang, miinwaa washme daa-nniizaanzi bronchitis maage pneumonia wii-naapnet.

Giishpin gbeyiing bmi-ntaa-yaayin zegswaajik yaawaat, washme gnaniizaanis wii-dewaapneyin, ezhi-neseng gegoo nikeyiing wii-naapneyin, wii-mogyin gbiipiisdeng, wii-njineyin gewe maanda.

Daa-aangwaamziwak binoojiinyik, kwewak myaajiishkaajik, gechipiitzizik miinwaa bemaadzizik deng gegoo enaapnejik miinwaa ezhi-neseng gegoo nikeyiing enaapnejik, wii-bwaa-bmiyaawaat ngoji bmaabtek zgaswaang.



Mji-doodaagnaawaa binoojiinsak bemaabtek zgaswaang

Jibwaa-ndaadziwaat shkwaa-ndaadziwaat gewe daa-mji-doodaagnaawaa binoojiinsak bemaabtek zgaswaang. Maskwiiming gdabnoojiinsim daa-zhaamgadoon aanin niwin chemicals, gnamaa dash gaawii daa-maajiig-sii weweni wa binoojiins.



Giishpin zgaswaayin maage bmi-yaayin enji-bmaabtek zgaswaang epiichi-ggishkwat binoojiins, washme gnaniizaanis:

- wii-nshiiyin
- wii-noonde-ndaadzit wa gdabnoojiinsim
- gegoo wii-zhi-znagziyin pii ndaadzikeyin

Giishpin kwe bmi-yaat bmaabtek zgaswaang epiichi-ggishkwaat niwin dabnoojiinsman, washme nniizaanziwan niwin dabnoojiinsman wii-maaskginit miinwaa wii-mna-bmaadzi-snik. Washme gego nniizaanziwak wii-nbowaat ndaadziwaat miinwaa SIDS (sudden infant death syndrome) wii-njineyaat.

Giishpin noonaawsayin, gego nendnge aanin niwin chemicals etegin bmaabtek zgaswaang doodooshaaboong te-noon mii dash wa binoojiins debnang niwin pii noon'it.

Giishpin zgaswaayin, naanaagdawendan gnamaa da-boontaamba jibwaa-naaknigeyin wii-maajiishkaayin. Washme mna-bmaadziwak kwewak zegswaa-sgok. Washme mna-zhayaawak maajiishkaayaat miinwaa pii ndaadzikeyaat, washme gewe weyip mna-yaawak shkwaa-ndaadzikeyaat. Giishpin zhaazhgo myaajiishkaawne, wiikjitoon shki-zhiseyin go wii-kweji-boontaayin. Kwejim gmishkii-niniim maage gmishkii-niniikwem wii-naadmaayin.

Washme mendajik binoojiinyik go gewiinwaa mji-doodaagnaawaa bemaabtek zgaswaang

Washme nniizaanziwak binoojiinyik wii-aakziikaagwaat danaamtamwaat bemaabtek zgaswaang pii dash ninwak miinwaa kwewak zaam geyaabi maajigwak. Washme jaanminesewak pii dash ninwak miinwaa kwewak washme dash niibna danaamtaanaawaan mji'iin chemicals. Gaawii mshi mooshkin gshkitoomga-snooni wa binoojiinh wiyaw wii-miigaadmanit aakziwin.

Noondaash piichi-gshki'ewziwak binoojiinyik gegoo wii-nda-zhichgeyaat giishpin nishi-znoonik zhiwi yaayaat. Gaawii gwech binoojiinyik nshike bi-maajaa-siiwak giishpin ngoji bmaabtek zgaswaang, gaawii dbishkoo ninwak miinwaa kwewak. Aanin binoojiinyik gnamaa daa-zhaagwenmawak gegoo wii-kidwaat giishpin zhiingendmawaat bmaabtek zgaswaang.



Giwi binoojiinyik e-aakwi-danaamtangik bemaabtek zgaswaang washme gwech ntaa-zhiwebziwak gegoo, na'ii dbishkoo:

- sasdaming miinwaa gaazknaamang
- wiisgi-tawgaapneng
- asthma yaaming miinwaa bkaan aanin gegoo naapneng nesewin nikeyiing
- bronchitis, croup maage pneumonia

Washme gewe nniizaanziwak wii-dewaapneyaat miinwaa gewiinwaa wii-maajii-zgaswaayaat.

Gego nenmaa-ke gday maage bekaanzit wesiinh genwenmat

Nniizaanziwak go gewiinwaa gonda wesiinyik. Gaazhgok, nimshak miinwaa bekaanzijik wesiinyik netaa-danaamtangik bemaabtek zgaswaang washme nniizaanziwak wii-mogwaat. Zaam biiwayng aanin daa-goke wi bte, daa-gndaanaawaa maanda noozkwaandizwaat.



Gego bgidnange bemaabtek zgaswaang gegoo wii-doodaagyin gdabnoojinmak gewe miinwaa gwiidgemaagan gegoo wii-doodaagwaat

Endaang

Zaam biindik gwech yaawak Canadians, nishin gegoo zhiwi biindik bgidna-zik wiya bte wii-bmaabtenik. Waawaach go shkwa-aatewin wa semaans, geyaabi go goke wi bte gdagwining, carpet-ing, curtain-ing miinwaa pabwining, mbaagning gewe miinwaa geyaabi go mji' iinini wi gniijaansak miinwaa gday maage gaazhgensim maage bekaanzit wesiinh wiya genwenmat. Gaawii debse-snoo nsaaknaman waasechgan maage fan maage air purifier bmibdetooyin; gaawii kina zaagdaapte-snoo.

Ge-zhichgema:

- Ndamkwendan ge-zhichgema wii-bwaa-bmaabtek bte endaayin. Gnoosh gwiidgemaagan, gniijaansak miinwaa gwiijkewenyik ge-zhichgeyegba wii-bwaa-bmaabtek endaayin.
- Kwejim gwiidgemaagan, gniijaansak miinwaa gwiijkewenyik kojiing wii-nji-zgaswaayaat. Oo-wiidbam maage bbaa-wiidsem wiigkendmawaat wiinwaa aanwenmaa-swadwaa, wi go eta bte zhiingendman.
- Zhisdoon ngoji waa-nji-zgaswaayaat – kojiing gegoo kweji-zhisdoon. Bmoon kina ashtrays biindik.
- Giishpin zgaswaayin, kwejim gmishkkii-niniim maage gmishkkii-niniikwem wii-naadmaayin wii-boontaayin. *Smokers' Helpline* maage *Ne-ngoding Zhi-gaakiik'amiing (One Step at a Time)* program eyaamaagan gegoo gdaa-naadmaagon wii-boontaayin.
- Giishpin zgaswaat waajgendwat, naadmaw giishpin wiikjitoot wii-boontaat. Weweni shwii go dbaajman nendaagok gegii wii-bwaa-zgaswaang endaayin, memdage go giishpin myaajiishkaawne maage binoojiinyik eyawaawdwaawne.

Apartments maage condominiums

Giishpin zhanda dnong daayin, kina ngoji bmi-naakmok biiwaabkoon bemaakmagin waa-bmi-naasing noodin, daa-biindgeyaasin bte giin gegii endaayin. Naami'ing shkwaandeming maage bangii ngoji dwising miinwaa giitaayiing enji-skaabiignigeng, bemi-nji-biindgeyaakmak gewe plumbing, waasechganing gegoo daa-nji-biindgeyaabte bemaabtek zgaswaang.

Ge-zhichgema:

- Toon seals enji-skaabiignigeng enaabdakin wii-bwaa-biindgeyaabtek bte; hardware endnadaanding nanda daa-ndin' gaadenoon.
- Shkwaandeming toon door sweeps wii-bwaa-biindgeyaabtek bte endaayin.
- Foam insulation toon giitaayiing vents miinwaa waasechganing.
- Gnoosh shaweyiing miinwaa gaama'iing endaayin endaajik. Wiindmaw da-wiijiyemba giishpin wii-maamwizing wii-nda-zhichgeng noondaash wii-tek bemaabtek zgaswaang.
- Gindan gdoo-rental agreement. Giishpin ezhibiigaadegwenh wii-bwaa-zgaswaang aanin zhiwi gchi-wiigwaaming maage kina go zhiwi, kwejim debendang wi gchi-wiigwaam wii-kidat aabdek wii-naagdoong wi naaknigewin.
- Gnoosh debendang wi gchi-wiigwaam maage condo association da-ndamkwendmawaapa gnamaa da-bgidnigaade-snoogba wii-zgaswaang zhiwi gegii endaayin bmisgaak maage kina go ngoji zhiwi gchi-wiigwaaming.
- Giishpin gegoo te-snok waa-zhichgeng, ndamkwendan wendgwenh bkaan ngoji da-noodegzimbane enji-bgidnigaade-snok wii-zgwaswaang.

Gdoo-daabaaning



Washme go zhiwi biinji-daabaaning nniizaaat bemaabtek zgaswaang zaam washme gbwaabte zhiwi washme gaachiinyit wa daabaan pii dash aanjkin'gan. Geyaabi go tenoon biinji-daabaaning niwin chemicals msawaa go geyaabi jaagza-sik semaanh.

Ge-zhichgamba:

- Wiindmaw kina bemiyaajik daabaaning zgaswaasing zhiwi biinji-daabaaning.
- Weweni biin'i gdoo-daabaan. Vacuumwitoon pabwinan.
- Biintoon ashtray. Baasaak zhiwi toon maage bgiw.
- Wii-bwaa-zgaswaayin memkaach biinji-daabaan, washme wiiba kweji-maajaan oo-nakiyyin maage wii-giiweyin pii dash ko gwech myaajaayin, wii-de-piichtaayin kojiing wii-ke-zgaswaayin jibwaa-boozyin gdoo-daabaaning.

Endaa-swan yaayin

- Gego zhaa-ke ngoji ge-nji-danaamtamwaapa gdabnoojinmak bemaabtek zgaswaang.
- Gnoosh en'kiitwat da-ndamkwendngiba ge-zhichgengba wii-bwaa-zgaswaang zhiwi enji-nakiing.
- Giishpin gbeshii-gamgoong aabdek wii-gbeshyin, kwedwen aajkin'gan enji-bgidnigaade-snok wii-zgaswaang.
- Gegoo giishpnadooyin, enji-bgidnigaade-snok wii-zgaswaang ndin'gen. Wiindmaw bekaanzijik daawe-ninwak maage daaweniniikwek baamaa bgidna-zgwaa wii-zgaswaang zhiwi wii-maajii-ndin'geyin.
- Naadmaagen wii-zhaabshkaak naaknigewnan miinwaa nawaj geyaabi gegoo ezhi-wiikjitoong noondaash wii-zgaswaayaat bemaadzijik.



Gego bgidnaa-ke binoojiinyik wii-yaayaat enji-bmaabtek zgaswaang

Giishpin zegswaawne, naanaagdawendan wendgwenh da-boontaambane. Washme damna-bmaadziwak gdabnoojiinmak giishpin boontaayin. Msawaa gego giishpin zgaswaaswan gdabnoojiinmak yaayaat, daa-goke wi bte gmiinjiisaang, gdagwining, furniture-ing miinwaa biinji-daabaaning.

Giishpin aabdek wii-zgaswaayin:

- Pane koiing nji-zgaswaan, waasa binoojiinyik yaayaat.
- Gego wiikaa biinji-daabaaning zgaswaa-ke. Gaawii gegoo naabda-snoo nsaaknaming waasechgan; geyaabi go wi bemaabtek danaamtaanaawaa binoojiinyik. Jibwaa-maajidaabaan'goyin ke-zgaswaan. Waasa pizyin, ke-n'gaashkaan wii-ke-zgaswaayin; koiing nji-zgaswaan binoojiinyik besha yaasgwaa.
- Aatew aabdek gda-semaanhs jibwaa-zhaayin besha yaayaat binoojiinyik.
- Bmoon ashtrays binoojiinyik wii-bwaa-damnawaat cigarette butts.
- Gego wiikaa n'ganaa-ke ngoji semaanhs, lighters maage shkodensan binoojiinyik waa-nji-debnamwaat.

Washme nniizaanziwak binoojiinyik wii-maajii-zgaswaayaat giishpin wiyen endaayaat zgaswaanit. Znagat wii-boontaang zgaswaang, ggaanzam dash gdabnoojiinmak wiikaa wii-bwaa-maajtaayaat. Giishpin gniijaanis zgaswaat, gego “Gaa go naa gegoo wi aawn-zinoo” nendnge. Wiindmaw da-naadmawdiba giishpin wii-nda-boontaat.

Mbe gwii-boontaa maage da-boontaamba gdi-nendam?

Gaawii wenpan-sinoo wii-boontaang zgaswaang, Canadian Cancer Society shwii go daa-naadmaagewak. Wii-maajtaayin, gdaa-niindaawgoo *Zegswaajik Waa-boontaajik: Ne-ngoding Zhi-gaakiik'amiing (For Smokers Who Want to Quit: One Step at a Time)*, mzin'igan gaa-zhitoowaang wii-naadmawngidwaa zegswaajik. Gdaa-wiindmaagoo gewe *Smoker's Helpline* yaawang miinwaa etegin programs miinwaa bkaan gegoo ge-zhi-naadmaagoomba zhiwi endnakiyiyin.



Giishpin wii-gnoozhyaang te wenpash ge-zhi-giigdamba, **1-888-939-3333**, waasmawni-maajiiibiigan bi-niindawshinaang **info@cis.cancer.ca** maage ndoo-website-minaang naabin, **www.cancer.ca**.



Ennakiiyaang

Zhanda Canadian Cancer Society enchiyaang, nniigaaniimi miigaadmaang maanda mogwaat bemaadzijik; niibna wenpash nyaadmaagejik, en'kiijik gewe, miinwaa begdingejik yaawak nyaadmaagejik maanda nan'kiiyaang, nmiigwechwi'aanaanik kina gonda. Maanda ennakiiyaang Canadian Cancer Society:

- Nmiigwenaa zhoonyaa wii-ndagkenjgaadek ezhi-nakiimgak nawach ezhi-mogwaat bemaadzijik.
- Ngaazmaanaanik gimaak weweni wii-zhitoowaat naaknigewnan waa-naadmaagwaajin bemaadzijik wii-mno-bmaadziwaat.
- Nda-knoomaagemi washme weweni waa-zhi-naagdawendizang noondaash wii-piichi-nniizaanzing wii-mog'ong.
- Ndoo-nsastamookiimi ge-zhi-mogpa wiya.
- Nnaadmawaanaanik bemaadzijik maanda enaapnejik.

Gnoonshinaang giishpin geyaabi gegoo waa-zhi-kwedwewne ezhi-gkendming maage ezhwebzing mog'ong, ezhi-naadmaageyaang, maage gegoo wii-bgidnigeyin.



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Canadian Cancer Society maanda gii-maawndoobiiyaanaawaa zhanda ezhbiigaadek. Geyaabi go wiya daa-waabmaan mshkikii-ninwan maage mshkikii-niniikwen; gego booni-waabmaa-ke gonda, maanda eta nji mzin'igan yaaman.

Gaawii memkaach daa-ke-kwedwe-sii giishpin wiya wii-aan'ke-mzinaakzang maanpii ezhbiigaadek, maanda shwii go aabdek zhiwi wii-zhibiigaade: *Booni-gbwaabsige-daa*. Canadian Cancer Society 2010.