

UWA **WES** NE MUTNGENI  
SUPWA ME VAPES REPWE  
NEMENI **MANAWEI.**



Kokori ika makei itom won online ren ewe **ESE KAMO** pusin fori kokkotun om kopwe kouno, **ESE KAMO** patches (pacheta won inis), gum (ani apach) ika lozenges (nunnu) iwe pwan ekewe ekoch!

Ewe aninisin om kopwe kouno me nom won ekewe pwekin supwa itan Hawai'i Tobacco Quitline mei suuk 24 awa, 7 ran non ew week iwe unusan **ESE KAMO**.

**HAWAII TOBACCO QUITLINE**

**1-800 QUIT-NOW**

HawaiiQuitline.org | 1-800-784-8669



# Kokori ika makei itom won online om kopwe fiti ekei pwekin aninis ESE KAMO:

- Kokkotun pwan pwekin asukunen ifa usun fetanin om kopwene kouno.
- Pwekin asukun won phone ika won online itan e-chat ren ekewe chon asukun mei sinenap. Textini asukun faniten ekewe sarafo, 18-24 ier.
- Ewe Nicotine Replacement Therapy (NRT) (pwekin anisi om kopwe kouno won supwa mei kapunguno meren pwekin pioing) ESE KAMO, anongonong won meni sokun insurance ika pwekin semwen epwe ketiw.
- Ekewe sokun program mei ochungeni ian ka tik ian ren fetanin om iwe kopwene kouno:



**2-week NRT Starter Kit (Ikei met Kopwe Poputa won non 2-week)** ren patches (pacheta won inis), gum (ani apach) ika lozenges (nunnu) epwe poputani om kopwe sotuni ne kouno. Programun pwekin asukun esap ew tettenin epwe menei om kopwe chok fiti



Ewe **Behavioral Health program (Programun pwekin Semwenin Emon a pwaan non an Foffor)** ekan awora ekewe pwekin asukun won phone esap nap seni fan fisu fiti fengen me anisi emonewe an epwe sotosopono ne kouno anein manuan.



Ewe **Pregnancy and Postpartum program (Programun pwekin Popo me Murin Nounou)** a kawor an epwe anisuk om kopwe kouno nupwen om popo pwan awora ekewe sotosopun aninis murin om ka nounou om kopwe chok sotosopweno ne kouno. Nifang Mei Kawor.



**My Life, My Quit (Manaei, Ai Kouno)** ew sokun program faniten sarafo ier 17 me ekewe kukunutiw mei wor nour ekewe sokun chon asukun mei sinenap ir mei chok tawe ach tour ngenir won text, e-chat ika phone. Ren tichikin porousan tota won online ren MyLifeMyQuit.com, kokori 1-855-891-9989, ika text "Start My Quit (Poputani Ai Upwe Kouno)" ngeni 36072.



**Text, email, pwan chon aninis online** mei kawor faniten ekewe chon mochen fiti ir mei tongeni kini namoten ekewe sotosopun aninisin fetanin om kopwe kouno.

**Kokori 1-800-Quit-Now ika nongeni [HawaiiQuitline.org](http://HawaiiQuitline.org)**

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