

UA PAU KO'U HEI 'ANA I
KA PAKA A ME KA PUHI
PAKA UILA MA KO'U OLA.



E kāhea a i 'ole e kāinoa ma ka pūnaewele no ka papahana
ha'alele puhi paka pilikino **MANUAHI**, ka pipili 'ili, ke kamu a
me ka huaomo **MANUAHI** a me nā mea hou aku!

Ua hemo ka Hawai'i Tobacco Quitline ma nā hola 24 o
ka lā, a ma nā lā 7 o ka pule, a he **MANUAHI** nō ia.

HAWAII TOBACCO QUITLINE

1-800 QUIT-NOW

HawaiiQuitline.org | 1-800-784-8669



E kāhea a i ‘ole e kāinoa ma ka pūnaeweale no ka loa‘a ‘ana o kēia mau mea MANUAHI:

- ‘O nā memea ho‘ona‘auao a ho‘olālā no ke alaka‘i ‘ana i kou ala e ha‘alele ai i ka puhi paka.
- ‘O ke a‘o‘ao ‘ia ‘ana ma ke kelepona a i ‘ole ma ke keleka‘a‘ike e nā ka‘i mākaukau loa. ‘O ke a‘o‘ao ‘ia ‘ana ma ke kelekiko no ka po‘e he 18-24 o lākou mau makahiki.
- ‘O ka Nicotine Replacement Therapy (NRT) me ka MANUAHI, e like me ke kūpono o ke olakino a me ka ‘inikua.
- ‘O nā papahana pilikino no ke kōkua ‘ana iā ‘oe ma kou ala e ha‘alele ai i ka puhi paka:



‘O ka **Pahu Lako NRT 2-pule** me nā pipili ‘ili, ke kamu a ka huaomo paha no ka ho‘omaka ‘ana i kou wā puhi paka ‘ole. ‘A‘ole e koi ‘ia ka papahana a‘oa‘o.



Ma ka **papahana Kāko‘o Lāwena Ola Pono**, mālama ‘ia nā wā a‘oa‘o he 7 ma ka nui loa ma ke kelepona me ke kāko‘o mau no ka ha‘alele loa ‘ana i ka puhi paka.



He mea kāko‘o ka **papahana Kāko‘o Makuahine** iā ‘oe no ka ha‘alele ‘ana i ka puhi paka i kou wā hāpai a no ke kāko‘o mau ‘ana iā ‘oe ma hope o kou hānau ‘ana i kāu keiki. He mau kumu ho‘opaipai e loa‘a.



He papahana ‘o **My Life, My Quit** no nā ‘ōpio he 17 mau makahiki a emi mai me ke alaka‘i ‘ia ‘ana e nā ka‘i a‘o‘ao mākaukau ma ke kelekiko, ma ke keleka‘a‘ike, a ma ke kelepona. No ka ‘ikepili hou aku, e kipa iā MyLifeMyQuit.com, e kāhea i ka helu 1-855-891-9989, a i ‘ole e kelekiko iā “Start My Quit” i ka helu 36072.



No ka po‘e e pono ai ke kāko‘o hou aku ma ke ala e ha‘alele ai i ka puhi paka, e **kāko‘o ‘ia ma ke kelekiko, ka lekaui, a me ka pūnaeweale.**

E kāhea i ka helu 1-800-Quit-Now a i ‘ole e kipa iā HawaiiQuitline.org

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