



Ka nā roto mai to'ou maro'iro'i i te ātea'anga mai i te kai 'ava'ava.

Your strength lies in freedom from smoking

Tāmata'ia te apinga tāpipiri Nikotini (Nicotine patches), te kamu, me kare ra, te raore lozenges, no te akaīti mai i to'ou kakī 'ava'ava. E au mea meitaki teia, e kare e tākinokino i to'ou ora'anga kōpapa mei ta te kai 'ava'ava rai.

Na teia au apinga, te apinga tāpipiri Nikotini (Nicotine), te kamu, me kare ra, te raore lozenges, e akama'ata atu mei te rua taime, te puapinga i te akakore i ta'au kai 'ava'ava. Ka rauka ia koe i te ota i teia au mea na runga i te komupiuta, me kare ra, na runga i te tereponi a te Quitline, e, e 5 ua tārā tūtaki i te mea okotai.

Penei e, kāre te akakore kai 'ava'ava i te mea māmā ua, inara oki, kua rave ana koe i te akakore i tetai au mea ngatā i mua atu ana. E no'o ma te tiratiratu, ma te irinaki ia koe uaorāi.

Quitting smoking may not be easy, but you've done other hard things before. Stay strong and believe in yourself.

Use Nicotine patches, gum or lozenges to help ease your cravings. They are safe and won't damage your health like smoking does.

Using patches, gum or lozenges can double your chances of successfully quitting. You can order them online or by phone from Quitline for just \$5 each.

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Ka rauka te tāokotai'anga Quitline i te tauturu ia koe.

Quitline can help you

## E tumu teta'i e akaruke'ei te tangata i te kai 'ava'ava - ea'a i reira ta'au?

Every smoker has a reason to quit – what's yours?

**Ka ma'ata te moni:** Me te kai ra koe okota'i paeketi 'ava'ava i te ra, me akaruke anake koe, ka vai mai na'au mei te \$6,000.00 i te mataiti.

### Rave'ia te reira no to'ou ngutuare tangata:

Mei te 7 taime i te ma'ata o te tamariki a te au metua kai 'ava'ava, te ka riro katoa mai ei au tamariki kai 'ava'ava. Ka riro katoa oki te aua'i 'ava'ava i te takino i to ratou ora'anga.

### Rave'ia te reira no to'ou ora'anga kopapa:

Te vai nei mei te 69 au tu kemikara i roto i te aua'i 'ava'ava te ka akatupu i te maki pu'aroto (cancer), e ka mate katoa e ta'i i roto i te au rua tangata kai 'ava'ava tinamou. Me akaruke anake koe i te kai 'ava'ava, ka akamata to'ou kopapa i te rīpea aka'ou iaia.

**More money:** If you smoke a pack a day, when you quit you'll save around \$6,000 a year.

**Do it for your family:** Children of smokers are seven times more likely to become smokers themselves. Their health can suffer from second-hand smoke too.

**Do it for your health:** At least 69 of the chemicals in tobacco smoke are known to cause cancer and smoking kills one in two regular smokers. As soon as you stop smoking your body begins to repair itself.

## Teia te putuputu'anga Quitline no te turuturu ia koe – kāre e, no te akava ia koe.

Quitline is here to support you – not to judge you.

**Tereponi:** E komakoma atu koe ki teta'i o to matou aranga oranga tauturu. E ma'ata ratou, e au aranga kua akaruke i te kai 'ava'ava e ka rauka ia ratou i te tauturu i te akano'o i teta'i parāni no'ou, no te akakore atu i ta'au kai 'ava'ava. **0800 778 778**

**Te komupiuta:** E tāina atu koe ki runga i ta matou roro uira ātuitui (website) kia kite koe i runga rai i to'ou kapi e, e'ia a'au moni ka vai, me akaruke koe i te kai 'ava'ava. E kimi tauturu katoa koe ki teta'i nga'i ke atu i runga i te roro uira ātuitui Quit Blogs. **www.quit.org.nz**

**Tuku tuatua tātā:** Ka rauka ia matou i te tuku tuatua tātā atu kia koe, no te akamaro'iro'i e te turuturu ia koe e timata ara i te akakore i ta'au kai 'ava'ava. **Tuku tuatua tātā'ia atu ki te QUIT na runga i te numero 3111**

**Tauturu no te au vaine nui:** Ka oranga tauturu katoa atu matou ki te au vaine nui, kia akaruke i te kai 'ava'ava. Ka no'o vaiata atu matou i te tuātau ia kotou e nui ara, e tae ua atu mei te ó epetoma i muri ake i te anau'anga ta kotou pēpē. Me ka inangaro kotou, ka komakoma katoa atu matou ki to kotou au tokorua, e pera katoa ki to kotou au ngutuare tangata, no runga i te tauturu ia kotou kia akaruke i te kai 'ava'ava, ma te akakore i te kai "'ava'ava" i roto i to kōtōu au ngutuare. **0800 778 778**

**Te aravei'anga mata e te mata:** Penei e, tāpiri atu ki te tauturu a te Quitline, ka inangaro katoa rai koe i te āravei ma te komakoma atu ki teta'i tangata ke atu. Āravei'ia atu te tangata kite karape o te tūranga ora'anga (health professional), me kare ra, te tangata i raro ake nei:



**Phone:** Speak to one of our friendly advisors. Many of them are ex-smokers themselves and can help you make a plan to quit. **0800 778 778**



**Online:** Sign up on our website, and see how much money you are saving by not smoking on your own personalised page. Get support from others on the Quit Blogs. **www.quit.org.nz**



**Text:** We can send you text messages to motivate and support you while you are quitting. **Text QUIT to 3111**



**Pregnancy support:** We offer support specially designed to help pregnant women quit smoking. We'll be there for you throughout your pregnancy and until baby is at least 6 weeks old. If you like, we will also talk to your partner/family about helping you to quit and making your home smokefree. **0800 778 778**

**Face to face:** Along with getting help from Quitline you might want to see someone in person.

**Contact your health professional or the person below:**

## Ka akape'ea te kai'anga i te kamu, me kare ra, i te raore lozenges:

E tūke rai te tu o teia kamu Nikotini e te raore lozenges mei te kamu e te raore lozenges ta tatou i matau i te kite. E mea puapinga kia tā'angaanga'ia te reira mei tei akanoo'ia, penei, ka pū'aki'aki koe, me kare ra, ka mamae to'ou kopu.

1

E kakati koe, mei te ta'i ki te rua taime ki runga i te kamu, me kare ra, e ngote koe i te raore lozenges, ei ravenga i te tākore i te tongi veravera i roto i to'ou va'a, ka "vai'o" atu ei koe i te reira ki rotopu i to'ou tuke ni'o e to'ou pāpāringa.



2

E rīpiti koe i te reira mei te 5 – 6 taime i roto i te tuātāu 30 miniti.

3

Auraka e inu vai me te kai ra koe i te kamu, me kare ra, i te raore lozenges, me kare ra, e tiaki koe mei te 15 miniti i muri ake. Ko tei tāmanako'ia kia kai'ia, koia oki, mei te 8 ki te 12 au potonga kamu, me kare ra, au raore lozenges, i roto i te 24 ora.

## Ka akape'ea te tā'angaanga anga i te au apinga tāpiripiri:

1

Tāpiri'ia atu te au apinga tāpiripiri ki runga i te pākiri mania, ma, e te marō (ki te au nga'i kare e akari-pipi, au paura akamānea, me kare ra, au 'inu parai o te pākiri i parai'ia ana ki reira). Auraka e tāpiri i te reira ki runga i te nga'i pākiri e 'uru'uru teta'i, te pākiri motu, me kare ra, i te nga'i pākiri nga'anga'ā.

2

Tāomi pakari'ia ki to'ou kapu rima no teta'i 20 tēkona (seconds) ki runga ia koe.

3

Akarukena'ia te apinga tāpiripiri okotai ki runga ia koe no tetai 24 ora. Tāpiri'ia atu teta'i apinga tāpiripiri ou ki runga i teta'i nga'i ke atu i runga i to'ou pākiri, i te au ra tātakita'i.



Kare e manatā me kua komakoma ana koe kia matou i mua ana - kā vai rai ta matou tauturu noa atu e, e'ia taime e rauka'i ia koe i te akakore i te kai 'ava'ava.

It doesn't matter if you've contacted us before – we will be here for you as many times as it takes to quit.

