



Ko na tamata kaukauwa niko muduka na nomu vakatavako.

Your strength lies in freedom from smoking

Vakayagataka na palasita ka tiko kina na Nikotini, se na mataqali drega se vua ni kau ka rawa ni vakalailaitaka na nomu garova na tavako. E sega ni vakavu leqa ki na nomu bula me vaka na kana tavako.

Ni ko vakayagataka na palasita, drega se vua ni kau oqo, e rawa ni vakaruataki na totolo ni nomu biuta na vakatavako. E rawa ni otataki e dua vei ratou na ka oqo e na komipiuta se qirita na Quitline, ka \$5 na i sau ni dua na wainimate oqo.

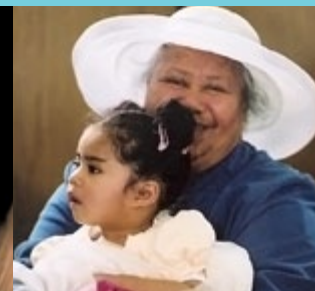
Use Nicotine patches, gum or lozenges to help ease your cravings. They are safe and won't damage your health like smoking does.

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.

E na dredre toka na nomu muduka na vakatavako, ia e levu cake sara na veika dredre ko sa cakava oti e liu. Mo kaukauwa tiko ka vakabauta niko na rawa ni cakava.

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

Fijian language version July 2014



E rawa ni vukei iko kina na Quitline.

Quitline can help you

E tu na vu ni nodra gadreva na dau vakatavako me ra muduka na vakatavako – na cava na nomu?

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

Levu cake na i lavo: Kevaka ko dau kania e na veisiga e dua na pakete tavako, ko na maroroya rawa e \$6,000 e na dua na yabaki ni ko muduka na nomu kana tavako.

Muduka na vakatavako e na vukudratou na nomu vuvale:

E kunei ni vakavitutaki na kedra i wiliwili na gone era na dau vakatavakotale ga, kevaka era tubu mai na vuvale e caka kina na vakatavako. E rawa ni vakaleqa talega na nodra bula ke ra ceguva na kubou ni tavako.

Muduka na vakatavako me baleta na nomu bula:

E laurai ni sivia na 69 na wai gaga ka tiko e na tavako, e vakavuna na mate ni kenisa, ka vakamatea e dua se rua vei ira na dau vakatavako e na veigauna taucoko. Na gauna ga ko muduka kina na nomu vakatavako, sa na tekivu vakavinakataka cake tale na yagomu na kena i tuvaki.

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.



E tu vakarau na Quitline me tokoni iko – ka sega ni vakalewai iko.

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

Talevoni: Veitalanoa kei na dua na neitou i daunivakasala. E levu vei ira na dauvakasala era a dau vakatavako tu e liu, ka na rawa ni ra vukei iko me navuci e dua na i tuvatuva mo muduka kina na nomu vakatavako. **0800 778 778**



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**

Virilawa: Tabaka na yacamu e na neitou virilawa se (website), ko na raica na levu ni i lavo ko sa maroroya rawa ni ko sa muduka na nomu vakatavako. Vakaqara na veitokoni mai vei ira tale e so e na Quit Blogs, e na virilawa. www.quit.org.nz



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: Na vakau i tukutuku e na talevoni veikauyaki (Text): Keitou rawa ni vakau i tukutuku yani e na text, me keitou vakauqeti iko ka tokoni iko tiko e na gauna ko saga tiko kina mo biuta na vakatavako.



Text ki na QUIT, 3111

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

Na veitokoni vei ira na Bukete: Keitou solia talega na veitokoni ka vakarautaki me baleti ira vakatabaki dua na marama bukete me ra muduka kina na nodra vakatavako. Keitou na tokoni iko tiko me yacova ni oti e ono na macawa mai na sucu ni gone. Kevaka ko vinakata, keitou rawa ni veitalanoa kei na nomu i sa se vuvale me baleta na kena vukei mo muduka na nomu vakatavako ka me galala kina na nomu loma ni vale mai na kubou ni tavako. **0800 778 778**



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**

Veisotari: Me kuria na veivuke mai na Quitline, e rawa na veitalanoa vakaveirai mata kei na dua tale na dau veiqaravi. Veitaratara kei na vakailsilesi mai na tabana ni bula e qaravi iko tiko, se kei koya e tabaki koto oqo e ra na yacana:

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:

Na vakayagataki ni drega se vua ni kau:

E rau duidui na drega e tiko kina na nikotini kei na vua ni kau me tarova na garovi ni tavako mai na drega se vua ni kau e volitaki tu e na veisitoa. E bibi gona kina me rau vakayagataki vakadodonu me kua ni vakavuna na macedru se vutu ni kete.

1

Katia vakadua se vakarua na drega se domica na vua ni kau me yacova ni ko sa vakila na gaga e gusumu, qai vakabira e na tadrua ni gadromu kei na balumu.



2

Cakava vaka 5 se vaka 6 e na loma ni 30 na miniti.

3

Kua ni gunuva e dua na ka e na gauna e tiko kina e gusumu na drega se vua ni kau me yacova ni sa oti e 15 na miniti. E vakasalataki me vakayagataki e 8-12 na tiki ni drega se vua ni kau e na loma ni 24 na aua.

Na vakayagataki ni palasita:

1

Vakabira na palasita e na kulimu yagoyagovinaka, savasava ka mamaca (kua ni biuta e na vanua e lumuti se boroi e na dua na i vakaboi vinaka). Me kua ni vakabiri e na vanua vutivutia, mavoa se drakusi.

2

Tabaka matua e na qeteqete ni ligamu me 20 na sekodi.

3

Laiva me 24 na aua na dede ni kena kabi tiko. Vakayagataka e dua na palasita vou e na dua tani tale na tiki ni yagomu e na veisiga.



Veitalia ke ko sa veitaratara oti mai vei keitou – ia, keitou na tu vakarau me keitou na vukei iko tiko me yacova ni ko sa muduka na nomu vakatavako.

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

