



Hā hā ia koe e malolo ka fakaatāina mai mo e ula tapaka.

Your strength lies in freedom from smoking

Lali ke fakaaoga e tau kalapili, pililole Nikotini poke tau segavai mitimiti ke taofi aki e fia ula. Nakai moumou he tau mena ia e malolo tino haau ke tuga mo e tapaka.

Ka fakaaoga e tau kalapili, pililole poke tau segavai mitimiti to fakalahi ua e kautu he laliaga haau ke fakaofi e ula. Moua mai e koe e tau koloa nei ka kumi atu ke he kupega po ke telefoni he Quitline ko e totogi taki \$5 he taha.

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.

Pete he nakai mukamuka ke taofi e ula, ka kua fita ni he fai mena uka ne kua taute e koe mai fakamua. Eketaha mo e tua kehe haau a malolo.

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

Niuean language version July 2014



To lagomatai he Quitline a koe

Quitline can help you

Fai kakano oti e tau tagata ke fakaoti e ula tapaka – ko e heigoa haau?

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

Muhu tupe: ka ula e koe taha e pekete he aho, ti ka taofi ai ko e \$6,000 haau ka fakaputu ai he tau.

Taute ma e magafaoa haau: Fakalahi fitu e tau fānau he tau tagata ula tapaka ke ula foki a lautolu. Lauia foki e tau malolo tino ha lautolu ha ko e tau ahua tapaka he falu.

Taute ma e malolo tino haau: Ko e tote mai he 69 e kemikolo he tapaka ne kua iloa ai ke tupu mai ai e gagao kenesa, mo e taha poke ua e tagata ula tapaka ka mamate ai. Ko e aho ka fakaoti ai e ula haau, to kamata e tino ke mau.

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.

To lagomatai he Quitline a koe – ka e ai fakafili ai.

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

Telefoni: Vilo mai ke he tau tagata fakatonu ha mautolu. Ko e falu ia ne ula mai fakamua, ke lagomatai a koe ke he fakaholoaga ke taofi e ula tapaka haau.

0800 778 778

Onolaini: Hu ke he kupega ha mautolu, ke kitia ko e fiha he tupe haau ka fakaputu, ke kitia ni he laupepa haau. Kumi lagomatai ke he falu ne fae fai talahavaga tala ke he Quit Blogs. www.quit.org.nz

Tekese: To fakafano atu e mautolu e tau manatu fakaahooho mo e lagomatai kia koe hane taofi ai e ula. **Text QUIT to 3111**

Lagomatai ka fatu: Fai lagomatai pauaki ma e tau fifine fatu ke fakaoti e ula. To matutaki a mautolu ke he magaaho ka fatu ai a koe ato molea e 6 e faahi tapu he fanau e muke haau. Ka manako ki ai, to fakatutala a mautolu ke he tokoua/magafaoa haau ke taute e kaina ha mutolu ke meā mo e nakai ula tapaka ki ai. **0800 778 778**

Mata ke he mata: Lafi atu ke he tau lagomatai he Quitline, kae neke manako a koe ke fakatutala ke he taha. Kumi atu ke he tagata leveki malolo tino poko ia na i lalo:



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:

Ko e fakaaoga he pililole poke segavai mitimiti:

Ko e pililole mo e segavai mitimiti Nikotini nakai tatai mo e lole poke pililole humelie noa. Kua lata ni ke fakaaoga ke he puhala kua tonu, he neke mohū a koe poke mamahi e manava.

1

Gagau laga 1 poke 2 e pililole poke momono fakatote e segavai mitimiti ke logona e magiho fakatote ke he gutu haau, ti tuku ke he vaha loto he tau meamea mo e kauvehe.

2

Liu taute pihia laga 5 poke 6 ke he 30 e tau minisi.

3

Ua inu ha vai kaeke kua fakaaoga e pililole po ke tau segavai mitimiti ato molea e 15 e tau minisi. Ko e fuafua kua lata ke kaupā mai he 8 - 12 e segavai mitimiti poke pililole ke he 24 e tulā.



Ai kelea kaeke kua fitā ni a koe he kumi mai fakamua – to liu ni a mautolu ke lagomatai foki a koe ke taofi e ula.

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

Fakaaoga fēfē e tau kalapili:

1

Fakapili ke he maga kakano, momole, meā, mōmō (kua nakai fai lolopoki, valivali, poke vai mulu kua piki ki ai). Ua fakapili ke he kili kakano fulufulu, matamotu poke tutia.

2

Peehi aki e alo lima ke molea e 20 e sekone.

3

Toka e kalapili ia ke katoa e 24 e tulā. Fakaaoga e kalapili foou ke he taha maga kakano kehe he tau aho takitaha ofi.

