



# Ko to mālohi e maua mai, i to haoloto mai te ulaula

Your strength lies in freedom from smoking

Tago oī fakatakitaki na mea fakapipiki Nikotini, pulukamu pe ko nā fuālakau, ke fehoahoani fakataikole tō fia ulaula. Ko ni mea e haogalemū kāfai e fakaaoōā; ma e hē afaina ai tō ola mālōlo e ve ko faiga a te ulaula.

Ko te fakaaoōāga o nā mea fakapipiki, pulukamu pe ko na fuālakau, e mafai ke fakaluagia ai tō avanoa ke tīaki lele ai tau ulaula. E mafai ke ota e koe i te initaneti, pe telefoni mai te Quitline mo he tau e \$5 te mea e fokotahi.

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.

Ko te tīaki o te ulaula e hē faigofie, kae e iei iētahi mea faigatā kua uma te ke faia muamua. Fakamākeke ma talitonu lava koe kia te koe.

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

Tokelauan language version July 2014



Ko te Quitline e mafai ke fehoahoani atu kia te koe

Quitline can help you

## Ko na tino ulaula uma, ei ei te mafuaaga e tiaki ai te ulaula – he mafuaaga ā ta koe?

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

**Tupe Lahiatu:** Kāfai e ulaula e koe he puha hikaletī i te aho, kāfai la e tiaki tau ulaula, kā hefe e koe he tupe e tuha e \$6,000 i te tauhaga.

**Fai mo tō kaiga:** Ko na fanau a na tino ulaula, e fakafitugia te mafai e ono kavea ai kilatou ma tino ulaula. Ko ō latou ola malōlō foki, e mafai ke āfaina i te mānava ki te ahu a na tino ulaula.

**Fai mo tō ola mālōlō:** E hili atu i te 69 ia vailākau i loto o te ahu hikaletī, kua mautinoa e māfua mai ai te kaneha; ma ko te ulaula e tāmata e ia te tino ulaula e fokotahi mai na tino tokalua e ulaula tūmau. Ko te taimi lava e tāofi ai tau ulaula, ka kāmata mata ai foki, oi toe tukutonu na vaega o tō tino, e ia lava.

**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.

## Ko te Quitline e hapoti atu ia koe – kae hē fakamahino atu koe.

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

**Telefoni:** Talanoa ki he tino faufautua o te matou kaufaigaluega. Ko te tokalahiga o ki lātou, ko ni tino nae ulaula muamua ma e mafai ke fehoahoani atu kia te koe ke fai hau peleni ke tiaki te ulaula. **0800 778 778**

**Initaneti:** Haini ki te matou kupega o fehokotakiga, ma kikila pe fia hau tupe e hefe kāfai e tiaki tau ulaula, i luga o tau itūlau patino. E maua o fehoahoaniga mai iētahi tino i luga o na Itūlau Tiaki Hikaletī (Quit Blogs). [www.quit.org.nz](http://www.quit.org.nz)

**Tekese: Fekau (Text):** E mafai ke lafo atu e ki mātou ni fekau (text messages), ke fakamālohi ma hapoti kia te koe ka koi tau tiaki tau ulaula. **Fekau (Text) ia QUIT ki te 3111**

**Fehoahoaniga mo kilatou e manavakiki:** E ofo atu e ki matou he fehoahoaniga fakapitoa ki nā fafine manavakiki, ke tau tiaki a lātou ulaula. Ko kimātou e galulue fakatahi pea ma koe i te taimi katoa o tō manavakiki, ke pa ki te taimi e 6 vaiaho ai te matua o tau pepe. Kāfai koe e fofou kiei, e mafai kimātou ke talanoa ki to hoa/kāiga ki ni fehoahoaniga i te tau tiakiga o tau ulaula; ma ke kavea ai tō kāiga ma koga e fakahā ai te ulaula. **0800 778 778**

**Fakafehāgaki:** Fakatahi ai lā ma na fehoahoaniga e maua mai te Quitline, hove ei na fofou koe ke fehokotaki pe talanoa ki he tino. Fakafehokotaki tō fomai kāiga pe ko te tino tenei kua tuhi atu 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](http://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:**

## E vēhea te fakaaogāga o na pulukamu pe ko na fuālakau:

Ko na pulukamu Nikotini ma na fuālakau e kehe mai i na pulukamu pe ko na fuālakau māhani. E tāua lele te fakaaogā o nā mea iēnei i te auala hako, auā kāfai e hēai e ono tōmaunu ai koe pe tigā manava ai. hēai e mata maua e koe he hīkapu(hiccups) pe he manava tigā.

1

Kati faka-fokotahi pe fakalua ki te pulukamu pe mimiti mālie te fuālakau, ke fakahau ai te feū i to gutu, oi tuku ai i te vā o ō lali ma ō pākōkō.

2

Toe fai fakalima pe fakaono te mea tēnei, i he piliota e tuha e 30-minute.

3

Nahe inu lele kāfai e fakaaogā nā pulukamu pe ko nā fuālakau, pe ko te āgai atu foki ki te 15 minute mulimuli ake. E fautuagia ke fakaaogā te 8 ki te 12 ia pulukamu pe ni fuālakau foki, i loto o te 24-itūlā.



## E vēhea te fakaaogāga o nā mea fakapipiki:

1

Fakapipiki nā mea fakapipiki ki luga o to tino momole, mamā toe mamago (he koga e hēki tukua kiei he mea manogi, mea vali mata, pe he kulimi). Nahe fakapipikia ki luga o to tino, kafai e fulufulua, manuka pe lavea foki.

2

Lolomi lahi lele i to alofilima ma taofi mo he 20 hekone.

3

Tuku vēia nā mea fakapipiki takitahi mo he 24 itūlā. Fakaaogā he mea fakapipiki fou ki he vāega fou o to tino i aho takitahi.



E heai he afainaga kāfai kimātou na fakafehokotaki muamua mai e koe – ko kimātou ei kinei lava mo koe, e tuha pe fia te mataloa e tau tīaki ai tau ulaula.

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

