



Tou loto malosi e fakasao ne ia koe mai te 'pusi

Your strength lies in freedom from smoking

Taumafai o fakaaogā a nikitini e faka'piki ki tou lima (Nicotine patches), pulu io me ko fuaga lole (lozenges) o fesoasoani o fakafaigōfie tou umiti. A mea konei e sē fakamataku kae se mafai o fakamasei tou ola lei pela mote 'pusi.

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

Te fakaaogāga o mea faka'piki, pulu io me ko fuaga lole e mafai o fakalasi tou avanoaga o iku manuia ke tiaki tau 'pusi. E mafai ne koe o otā a mea konei iluga ite initanete io me telefoni kite Quitline me taki \$5 ite mea e tasi.

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.

Te tiakigina ote 'pusi se ko ia se mea faigōfie, kae ko oti foki koe ne fakafeagai mo mea faigata muamua. Ke tumau tou loto malosi kae talitonu ite koe e mafai ne koe.

Te tiakigina ote 'pusi e se ko ia se mea faigōfie, kae ko oti foki koe ne fakafeagai mo mea faigata muamua. Ke tumau tou loto malosi kae talitonu ite koe e mafai loa ne koe.

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Quitline e mafai o fesoasoani atu kia koe

Quitline can help you

A tino 'pusi katoa e isi se pogai a latou o tiaki te 'pusi – kae ko koe?

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

Ko 'toe a sene: Kāfai koe 'pusi te pākēti ite aso, kae ko tiaki tau 'pusi e fakasao ne koe pela me \$6,000 ite tausaga.

Alofa ki tou kāiga: Tamaliki o tino 'pusi e fakafitu taimi o 'pusi foki. Te ola lei foki o latou e mafai o fakamaseigina ne tino 'pusi (second-hand smoke).

Alofa ki tou ola: E nofo ki te 69 o vailakau malosi (chemicals) kola e faite ki ei a mea 'pusi kae e iloa atu me māfua iei ate 'kenisa kae kote 'pusi e tamate ne ia a te tokotasi i tokolua kola e masani o 'pusi. Taimi loa e tiaki tau 'pusi ko tou foitino loa ko kamata o toe faite loa a ia.

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.

Quitline e 'lago mālosi kia koe – kae se fakamasino ne latou a koe.

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

Telefoni: Faipati koe ki motou tino kola e mata fiafia o fesoasoani atu kia koe. Te lasiga o latou konei ne tino ko oti ne tiaki te 'pusi kae e mafai o fesoasoani atu kia koe o fai se palani ke tiaki tau 'pusi. **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**

Initanete (Online): Ko saina koe ite website a matou, ka lavea iei ne koe me fia tau sene e fakasao ma fai ko tiaki tau 'pusi i tau itulau totino. E maua ne koe se fesoasoani mai nīsi tino iluga ite Quit Blogs. **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: Matou e mafai o text atu kia koe o fakamalosi kae fesoasoani atu ite taimi e taumafai ei koe o tiaki tau 'pusi. **Text QUIT to 3111**



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

Fesoasoani ki fafine faitama: Matou e ofo atu te fesoasoani maise loa ki fafine faitama ke tiaki te 'pusi. Matou e fesoasoani atu ite taimi e faitama koe ke oko kite taimi e fanau iei tau pepe ke oko foki loa kite kātoaga tena 6 vaiaso ite matua. Kafai e talia ne koe, e mafai foki ne matou o faipati ki tau avaga/kaiga ko te mea ke fesoasoani atu kite koe o tiaki tau 'pusi kae ke fai te tou fale ke seai se tino 'pusi iei. **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**

Fakafesagai ki mata: Mai tafa ote fesoasoani tela e maua ne koe mai te Quitline kāti la e manakogina foki koe o fakafetaui ki se tino. Fesokotaki ki te tino galue ite ola lei io me kite tino tenei mailalo:

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:

Te fakaaogāga o pulu io me ko fuaga lole:

Ko nikotini pulu mo fuaga lole konei e 'kese mo pulu io me ko fuaga lole kolā e māsanī tatou kiei. E tāua 'ki o fakaaogā a mea konei pela mote fakasinomaiga, me e mafai o tokomauli (hiccups) io me 'mae te tinae.

1

Ū te pulu faka 1-2 taimi io me 'mitimiti te fuaga lole kote mea ke mafai o tami ne koe te ū ote pepa i tou gutu, ko 'tuku' iei ite vāsia o ou kalenifo mo ou kalafau.



2

Fakafokifoki te fakaaogāga o mea kona pela faka 5-6 taimi ite 30 minute.

3

Sa inu ma fai e fakaaogā ne koe te pulu io me ko fuaga lole, io me 15 minute mai tua ifo. Te fuāga tonu e tau o 8-12 o pulu io me ko fuaga lole ite 24-itula.

Te fakaaogāga o mea faka'piki:

1

Tuku a te mea faka'piki kiluga ite 'pakili tela e maniania, e 'mā kae malō (ke seai ne sausau, mea vali gutu mo mata (cosmetics) io me ne vailakau nini (lotions) ne nini kite koga tela e tau o faka'piki kiei). Sa tukugina kiluga ite 'pakili fulufuluā, koga pakia io mo mea ma'fafa (broken skin).

2

Puke loa ke 'mau tou lima kae taofi ke kātoa te 20 sekone.

3

Tuku loa a mea faka'piki ke 'piki ke kātoa te 24 itula. Fakaaogā ate mea faka'piki iluga i se kogā fou ote 'pakili i aso katoa.



Seai se mea e fai iei ma fai koa oti ne fesokotaki mai koe kia matou muamua – matou ka fesoasoani atu kia koe me ne fakafia taimi ko te mea ke mafai loa o tiaki ne koe te 'pusi.

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

