

Nganguwa **wasino ne**
mut ngeni supwa me
pwan vapes kena repwene
nemeni menauwei.



Kori ika sainita online ren ew **ESE WOR MON** foritan amonen
wasino, **ESE WOR MON** patches kena, gum, ika lozenges, **me**
pwan chomogeno!

Ewe Hawai'i Tobacco Quitline a kan suuk 24 awa ew ran, 7 ran
ew wik me pwan a kan unusen **ESE WOR MON.**

HAWAII TOBACCO QUITLINE

1-800 QUIT-NOW

HawaiiQuitline.org | 1-800-784-8669



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Kori ika sainita online ren eom kopwe angei nge ESE WOR MON:

- Nicotine patches kena, gum, me pwan lozenges kena
- Pisekin angang kena ren anisum ne forata ew ranin wasino, fiu ngeni mochenin kena, me pwan tumunun mefingaw
- Aninis seni chiechieochun chon ekeit kena non neniach seni fon ika text
- Katonong seni fon ren eom kopwe angei anapenon aninis me pwan atotongeni sakonon program kena:



2-wik Pisekin Apoptan ren patches, gum, ika lozenges ken ren apoptanin eom awasino. Fini eom kopwe angang fiti emon chon ekeit ika fori won pusin en.



Aramas kena fiti mefingaweno, noninengino, bipolar, PTSD, me pwan schizophrenia ange fokkun napenon aninis ren eom kopwe wasino me pwan nonom non awasino. Aweiresino fiti sakaw ika safeingaw kena? Kich sia angei anapenon aninis ngonuk chok.



Hapai (popo) ika ka fen chok nouni emon menukon? Nouch kewe chiechieochun fefin ir chon ekeit ra tongeni anisuk eom kopwe wasino me pwan nonom non wasino murin an noumuwe menukon a kan uputiw. Katonong seni fon ren apechakunen katon nifang kena.



My Life, My Quit ren serafo kena ier 13–17 ra awora aninis ren eom kopwe awasino ne vaping. Chungeni chon ekeit kena seni text ika fon. Text “Start My Quit” ngeni 36072, kori 1-855-891-9989, ika churi MyLifeMyQuit.com. Sainita me pwan angei mettoch ese wor mon!



Mochen chomongenon aninis? Kich sia fen aninisukeno seni text, seni email, me pwan online. En ka tongeni fori ei!

Kori 1-800-Quit-Now ika churi HawaiiQuitline.org

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