

1-800-QUIT-NOW



Kick the Smoking Habit!

Stop smoking for the health and well-being of you and your family.

“Smoking along with having high blood pressure could cause me to have heart disease. I stopped because I want to keep providing for my family. This goal gave me the willpower to quit for good.”

– *Tou*

“My husband and I quit last month. The smoke from our cigarettes was causing our son to have many colds and asthma attacks. We could not keep making our child sick. Quitting was not easy, but we did it.”

– *Pang*

You can stop smoking.

The smoke from a cigarette gives off more than 4,000 harmful substances into the air.

You put your health and your family’s health at risk when you smoke. Smoking increases your risk of heart attack, lung diseases, stroke, and cancer.

It reduces your body’s ability to heal and fight off disease.

Research shows that the two best ways to stop smoking are to get help and use approved

Txav kev Haus Luam Yeeb!

Txav kev haus luam yeeb yog ib qho kws zoo tsua koj txuj kev noj qaab nyob zoo hab tsua koj tsev neeg.

“Haus luam yeeb nrug tsua kev muaj mob ntshaav sab yuav ua tsua kuv muaj lwm yaam kaab mob plawv. Kuv tseg tsi haus luam yeeb vim tas kuv tseem xaav nyob nrug kuv tsev neeg nyob. Lub hom phaj nuav muaj peev xwm paab tau kuv txav tau yeeb moog tsua qhov kws zoo.”

–*Tou*

“Kuv tug quas yawg hab kuv wb txav luam yeeb lub hlis dhau taag lug lawm. Cov paa luam yeeb lug ntawm wb cov luam yeeb ua tsua wb tug tub muaj khaub thuas hab ua tsua nwg mob hawb pob. Wb tsi xaav pheej ua tsua wb tug tub mob. Txav luam yeeb yeej tsi yooj yim, tab sis wb txav tau lawm.”

–*Pang*

Koj yeej txav tsis haus luam yeeb tau.

Cov paa luam yeeb lug ntawm cov luam yeeb muaj tshaaj le ntawm 4,000 cov kaab mob phem nyob ntawm tej fuab cua.

Yog tas koj haus luam yeeb nws yuav ua tsua koj hab koj tsev neeg tsis noj qaab nyob zoo. Haus luam yeeb muaj feem ua tsua koj muaj plawv nreg, kaab mob ntsws, ntshaav hlwb tawg, hab cancer (mob faj).

Nwg yuav ua tsua koj lub cev ntaus tsis tau kaab mob.

Kev ntshawb ntshav qha tau has tas nws muaj ob txuj kev kws yuav paab koj txav kev haus luam yeeb. Ob txuj kev ntawv

Txiav kev Haus Luam Yeeb!

Txiav kev haus luam yeeb yog ib qho zoo rau koj txoj kev noj qab nyob zoo thiab rau koj tsev neeg.

“Haus luam yeeb nrog rau kev muaj mob ntshav siab yuav ua rau kuv muaj lwm hom kabmob plawv. Kuv tseg tsis haus luam yeeb vim tias kuv tseem xav nyob nrog kuv tsev neeg nyob. Lub hom phiaj nov muaj peem xwm pab tau kuv txiav yeeb mus rau qhov zoo.”

– *Tou*

“Kuv tus txiv thiab kuv wb txiav luam yeeb lus hlis dhaus tag los lawm. Cov pa luam yeeb los ntawm wb cov luam yeeb ua rau wb tus tub muaj khaub thuas thiab ua rau nws mob hawb pob. Wb tsis xav pheej ua rau wb tus tub mob. Txiav luam yeeb yeej tsis yooj yim, tab sis wb txiav tau lawm.”

– *Pang*

Koj yeej txiav tau tsis haus luam yeeb. Cov pa luam yeeb muaj tshaj li ntawm 4,000 cov kabmob phem nyob ntawm tej huab cua.

Yog tias koj haus luam yeeb, nws yuav ua rau koj thiab koj tsev neeg tsis noj qab nyob zoo. Haus luam yeeb muaj feem ua rau koj muaj plawv nres, kab mob ntsws, ntshav hlwb tawg thiab cancer (mob faj).

Nws yuav ua rau koj lub cev ntaus tsis tau kabmob.

Kev tshawb nrhiav qhia tau hais tias nws muaj ob txoj kev uas yuav pab koj txiav kev haus luam yeeb. Ob txoj kev ntawv yog mus

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stop smoking medicines.

Ways to get help

1. **Call 800-QUIT-NOW (800-784-8669) to reach the Quit Line for your state.** Some state quit lines have interpreters for non English speakers.
2. **Contact your health department or health provider**
 - They can help find someone to help you quit
 - They will help you decide what medications (gum, patches, others) would be good for you

Tips to quit smoking

1. Pick a day to stop smoking
2. Keep reminding yourself why you want to quit.
3. Throw away your cigarettes, lighters, and ashtrays.
Think about what you want to do instead of smoking
4. Drink water or suck on ice instead of smoking.
5. Chew sugarless gum or eat a piece of fruit instead of smoking
6. Get moving. Whenever you have the urge to smoke, take a walk. Soon the urge will pass.

With help, make a plan to stay off cigarettes.

At first, avoid places that make you want to smoke. Avoid places where smoking is allowed.

yog moog ntshav kev paab hab siv cov tshuaj kws tso cai lug ntawm FDA.

Kev moog ntshav kev paab

1. **Hu tsua 800-QUIT-NOW (800-784-8669) kuam tau Quit Line tsua koj lub lav.** Tej lub lav muaj tuab neeg txhais lug tsua cov kws tsis paub lug Amelikas.
2. **Tiv tauj moog tsua koj tug kws khu mob**
 - Lawv yuav paab ntshav cov neeg lug paab kuam koj txav tau luam yeeb.
 - Lawv yuav paab koj txav txim sab seb yaam tshuaj twg txha le zoo tsua koj

Qee yaam kws yuav paab tau koj txav luam yeeb.

1. Xav ib nub lug txav luam yeeb
2. Yuav tsum ncu ntsoov qha tsua koj tug kheej seb yog vim le cag koj txha le xaav txav luam yeeb.
3. Muab koj cov luam yeeb, teeb ntais, hab chaw tso luam yeeb pov tseg.
Xav seb koj ho xaav ua lwm yaam dlaab tsis tsuav tsis yog haus luam yeeb xwb.
4. Haus dlej los yog noj dlej khov tsua lub sij lawm kws koj xaav haus luam yeeb.
5. Zum qhaub noom yag los yog noj txiv tsua lub sij hawm kws koj xaav haus luam yeeb.
6. Yuav tsum moog ua si thaum koj xaav haus luam yeeb. Tsis ntev xwb koj txuj kev nqhes luam yeeb ntawd yeej yuav dlhaus moog.

Nrug tsua kev paab, koj yuav tsum khwv tswv yim seb yuav ua le cag txha le txav tau luam yeeb.

Ua ntej tshaaj yuav tsum txwv koj tug kheej tsi moog tsua tej qhov chaws kws muaj neeg yuav yuam kuam koj nrug puab haus luam yeeb los yog tej chaws kws neeg haus luam yeeb.

nrhiav kev pab thiab siv cov tshuaj uas tso cai los ntawm FDA. .

Kev mus nrhiav kev pab

1. **Hu rau 800-QUIT-LINE (800-784-8669) – KOM TAU Quite Line rau koj lub lav.** Tej lub lav muaj tib neeg txhais lus rau cov uas tsis txawj lus Amelikas.
2. **Tiv tauj mus rau koj tus kws kho mob**
 - Lawv yuav pab nrhiav cov neeg los pab koj txiav luam yeeb
 - Lawv yuav pab koj txiav txim siab sev yam tshuaj twg thiaj li zoo rau koj

Qee yam uas yuav pab tau koj txiav luam yeeb

1. 1. Xaiv ib hnuv los txiav luam yeeb.
2. 2. Yuav tsum nco ntsoov qhia rau koj tus kheej seb yog vim li cas koj thiaj li xav txiav luam yeeb.
3. 3. Muab koj cov luam yeeb, teeb ntais, thiab chaw tso luam yeeb pov tseg.
Xav sev koj ho xav ua lwm yam dab tsis tsuav tsis yog haus luam yeeb xwb.
4. Hau dej los yog noj dej khov rau lub sib hawm uas koj xav haus luam yeeb.
5. Zom qhaub noom yas los yog noj txiv rau lub sib hawm koj xav haus luam yeeb
6. Yuav tsum mus ua si yog thaum koj xav haus luam yeeb. Tsis ntev xwb koj txoj kev nqhis luam yeeb ntawd yeej yuav dhau mus.

Nrog rau kev pab, koj yuav tsum khwv tswv yim seb yuav ua li cas thiaj li txiav tau luam yeeb.

Ua ntej tshaj yuav tsum txwv koj tus kheej tsis mus rau tej qhov chaw uas muaj neeg yuav yuam kom koj nrog lawv hau luam yeeb, los yog tej chaw uas neeg haus luam yeeb.

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Ask your family and friends not to smoke around you. Ask smokers in your household to quit with you or smoke outside.

At parties and celebrations, try to be around friends who do not smoke.

When someone offers you a cigarette, say, “No, thank you. I don’t smoke.” You will soon see yourself as a nonsmoker.

Be kind to yourself. If you smoke a cigarette, don’t give up. Remind yourself of the reasons you want to quit. Try again. Quitting takes practice!

Keep trying!
The nicotine in cigarettes is addictive. Quitting smoking is not easy.

If you can’t quit the first time—keep trying.

With help, you can stop smoking and be healthy!

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Has kuam koj tsev neeg hab tej phooj ywg tsi txhob haus luam yeeb ze koj. Has kuam cov neeg nyob huv koj lub tsev kws haus luam yeeb nrug koj txav luam yeeb los yog kuam puab moog haus luam yeeb sab nrau zoov xwb.

Thaum moog koom kev lom zem sim moog nrug tej phooj ywg kws tsis haus luam yeeb xwb.

Thaum muaj leej twg caw koj moog haus luam yeeb koj yuav tsum tau has tas, “Ua tsaug tab sis kuv tsis haus luam yeeb.” Tsis ntev xwb koj yuav pum tas koj tsis yog ib tug neeg haus luam yeeb lawm.

Yuav tsum ua zoo tsua koj tug kheej. Yog hastas koj haus ib tug luam yeeb lawm, tsis txhob taag kev ca sab. Tsov qaab qha tsua koj tug kheej seb yog vim le caag koj txha le xaav txav yeeb. Sim taag los sim dlua hab. Kev txav luam yeeb yeej siv sij hawm lug xyum txha le txav tau!

Yeej meem sim ntxiv moog!

Cov tshuaj luam yeeb nyob huv tug luam yeeb ua tsua koj quav luam yeeb lawm. Yog le nuav kev txav haus luam yeeb txha le tsi yooj yim.

Yog tas koj txav tsis tau luam yeeb thawj zag los tsov qaab sim dlua.

Nrug rau kev paab, koj yeej txav tau luam yeeb hab yuav noj qab nyob zoo!

Cov Txaj ntsig: Txais yuav lug ntawm National Heart, Lung and Blood Institute Easy-to-Read Heart Health. Tau muab txhais ua ntawv Moob Ntsuab hab Moob Dlawb lug ntawm Koomhum Moob Wausau. Tsim rua web lug ntawm Healthy Roads Media. ©2008. Muaj rua suav dlawg siv nyob huv www.hmonghealth.org hab www.healthyroadsmedia.org. Pub luam coj moog siv qha dlawb rua lwm tug tau.

Hais kom koj tsev neeg thiab tej phooj ywg tsis txhob haus luam yeeb ze koj. Hais koj cov neeg nyob huv koj lub tsev uas haus luam yeeb nrug koj txiav luam yeeb los yog kom lawm mus haus luam yeeb sab nraum zoo xwb.

Thaum mus koom kev lom zem sim mus nrug tej phooj ywg uas tsis haus luam yeeb xwb.

Yog thaum twg muaj caw koj mus haus luam yeeb koj yuav tsum tau hais tias, “Ua tsaug tab sis kuv tsis haus luam yeeb.” Tsis ntev xwb koj yuav pom tias koj tsis yog ib tug neeg haus luam yeeb lawm.

Yuav tsum ua zoo rau koj tus kheej. Yog haistias koj haus ib tug luam yeeb lawm, tsis txhob xav tias koj txiav tsis tau. Xav seb vim li cas koj thiaj li xav txiav kev haus luam yeeb ces rov sim dua. Kev txiav tsis haus luam yeeb yuav siv sij hawm los xyaum thiaj li txiav tau!

Yeej meem sim ntxiv mus!

Cov tshuaj luam yeeb nyob huv tus luam yeeb ua rau koj quav luam yeeb lawm. Yog li nov kev txiav haus luam yeeb thiaj li tsis yooj yim.

Yog tias koj txiav tsis tau luam yeeb thawj zaug los rov qab sim dua.

Nrog rau kev pab, koj yeej txiav tau luam yeeb thiab yuav noj qab nyob zoo!

Cov txiaj ntsim: Txais yuav los ntawm National Heart, Lung and Blood Institute Easy-to-Read Heart Health. Tau muab txhais ua ntawv Hmoob Ntsuab thiab Hmoob Dawb los ntawm Kooshaum Hmoob Wausau. Tsim rau web los ntawm Healthy Roads Media. ©2008. Muaj rua sawv daws siv nyob huv www.hmonghealth.org thiab www.healthyroadsmedia.org. Pub luam coj mus siv qhia dawb rau lwm tus tau.

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