Kick the Smoking Habit!

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

“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 medications.

A collaborative Hmonghealth.org and Healthy Roads Media project

www.healthyroadsmedia.org

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Hmong Family Health Guide Section B3b  page 1

Kick the Smoking Habit– Hmong – Last reviewed 2013

1-800-QUIT-NOW

Kick the Smoking Habit!

Txav kev Haus Luam Yeeb!

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

“Haus luam yeeb nrug tsua koy muaj mob ntsaav 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 khab thuas hab ua tsua nwg mob hawb pob. Wb tsis xav pheej ua tsua wb tug tub mob. Txav luam yeeb yi 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 koy haus luam yeeb nws yuav ua tsua koy hab koy tsev neeg tsis noj qaab nyob zoo. Haus luam yeeb muaj feem ua tsua koy muaj plawv nreg, kaab mob ntsws, ntsaav hlwb tawg, hab cancer (mob faj).

Nwg yuav ua tsua koy lub cee ntaus tsis tau kaab mob.

Kev ntsawb ntsawf qha tau has tas nws muaj ob txuj kev kws yuav paab koy txav kev haus luam yeeb. Ob txuj kev ntaawv

Txiav kev Haus Luam Yeeb!

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

“Haus luam yeeb nrog rau koy muaj mob ntsaav siab yuav ua rau kuv muaj iwm hom kabmob plawv. Kuv tseg tsi haus luam yeeb vim tis kuv tseem xav yob nrog kuv tsev neeg nyob. Lub hom phaj nov muaj peem xwm paab tau kuv txiav yeeb mus rau qhov zoo.”

— Tou

“Kuv tus txiv thiaub kuv wb txiav luam yeeb lus hlis dhaus tag los lawm. Cov pa luam yeeb los ntawm wb cov luam yeb ua rau wb tus tub muaj khab 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 tais haus luam yeeb. Cov pa luam yeeb muaj tshaaj li ntawm 4,000 cov kabmob phem nyob ntawm tej huab cua.

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

Nws yuav ua rau koy lub cee ntaus tsis tau kabmob.

Kev tshawb nrihav qhia tau hais tias nws muaj ob txoj kev uas yuav paab koy txiav kev haus luam yeeb. Ob txoj kev ntaawv yog mus
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.**
4. **Think about what you want to do 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.

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Hmong Family Health Guide Section B3b  page 2
Kick the Smoking Habit– Hmong – Last reviewed 2013
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.

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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Hmong Family Health Guide Section B3b page 3

Kick the Smoking Habit– Hmong – Last reviewed 2013