

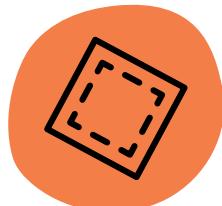
# MIYAAD DIYAAR U TAHAY INAAD JOOJISO CABIDA SIGAARKA AMA SIGAARKA ELEKTRONIGA SI LACAG LA'AAN AH?

Quit Partner™ waxey diyaar u tahay inay ku caawiso 24/7.

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(1-800-784-8669) Turjubaano ayaa la heli karaa.

## Dooro Qalabyadaada Lacag La'aanta



Daawooyinka joojinta sida sharootada nikotinka, xanjada ama nacnac kuleylka (lozenges).\*



Fariino qoraal ah oo ay la socdaan talooyin iyo waano.\*\*



Imaylo waxtar leh si ay kuu taageeraan intaad ku jirto waddadaada.\*\*

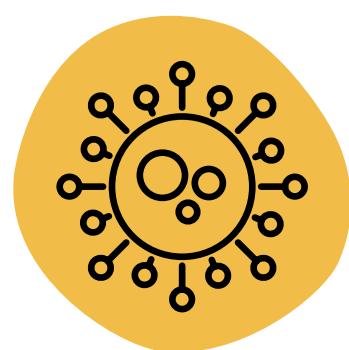
## Labo-Jibaaro Fursadahaaga Ee Iska Joojinta



Fursadahaaga ee iska joojinta kor ayey u keceysaa kaliya adigoo la hadla tababare isla markaa aad isku dayeysid wax-uun sida sharootada nikotinka. Waxaas dhan waa lacag la'aan.

## Oggow Khatarta

### La Socda COVID-19



Haddii aad cabto sigaar ama sigaarka elektroniga oo uu kugu dhaco COVID-19, waxaa laga yaabaa inaad sii jirato, waxayna kugu qaadan kartaa muddo sii dheer inaad ka boksato/kacdo. Mar alla markaad diyaar u tahay inaad iska joojiso, anagu diyaar baynu u nahay inaan ku caawino.

**quit**  
**partner**™

Free help to  
quit your way

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\*18+

\*\*13+