



**USHOBORA KURIHEBA.
DUSHOBORA KUGUFASHA.**

Kunywa itabi vyonona ingingo zose z'umubiri w'umuntu kandi bigatera indwara z'umutima, kanseri yo mu mahaha, asima hamwe n'izindi ndwara.

802Quits ni ikigo gitanga ubufasha hamwe n'uburyo kugire umuntu ahebe kunywa itabi. Ushorora kuronswa utunini twa nikotine ku buntu hamwe na twa dupapuro twogushira ku mubiri dufasha kureka itabi canke ibindi binini. Iyo ukoresha ubwo buryo ukanakurikiza impanuro baguhaye vyongera ububasha bwo kureka itabi.

Hamagara canke uje kurubuga www.802Quits.org ushaka uwugufasha canke impanuro. Amakuru yose muzotanga azogirwa ibanga.

802Quits ni serevise zitangwa n'ikigo nderabuzima muri Vermont.

Hamagara kuri 1-800-784-8669
Serevise zo gusemura ku buntu

[Kirundi]



**YOU CAN QUIT.
WE CAN HELP.**

Smoking affects every part of your body and causes heart disease, lung cancer, asthma and other diseases.

802Quits provides free tips, tools and information to help you quit tobacco. You can also get free nicotine gum and patches or lozenges. Using these medications with counseling can double your chances of quitting.

Call today or visit 802Quits.org for support and advice. Your personal information will be kept confidential.

802Quits is a service of the Vermont Department of Health.

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Free Interpretation Services