



**UNaweza kuwacha.
TUNaweza kusaikia.**

Kuvuta sigara hauthiri kila sehemu ya mwili na unasabibisha ugonjwa wa roho, saratani au kansa ya pavu, pumu na magonjwa mwengine.

802Quits Hutoa ushauri, vyombo na ujumbe ya kusaidia kuwacha sigara. Tena unaweza pata nicotine gum ya bure na patches ama lozenges. Kutumia haya madawa pamoja na ushauri unaweza kuongeza nafasi yako ya kuacha mara mbili.

Piga simu leo ama tembelea www.802Quits.org kwa msaada na ushauri. Maneno yako ya binafsi itawekwa kwa njia ya siri.

802Quits ni huduma ya Vermont idara ya afya.

PIGA 1-800-784-8669 LEO
Huduma bure ya kutafsiri

[Swahili]



**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.

CALL 1-800-784-8669 TODAY
Free Interpretation Services