

quit partner™

Free help to
quit your way

La Kulan Quit Partner™

Waxaynu nahay habka Minnesota ee cusub ee iska joojinta sigaar cabida, cabida sigaarka elektroniga iyo calaajinta (tubaakada). Hel daawooyin lacag la'aan ah, tababarka iska joojinta iyo waxyaalo dheeraad ah.

Dheh, "salaam/hi."

1-800-QUIT-NOW (1-800-784-8669)

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JIBAARO
FURSADAHAAGA
EE ISKA JOOJINTA



Taageerid 24/7 lacag la'aan ah ee loogu talagalay iska joojintaada

Haddii aad iska joojinaysid markii ugu horeysay ama aad isku dayday hadda ka hor, waan kugu caawin karnaa inaad hesho waddadaadi ee aad iskaga joojiso si kama danbays ah. Hel caawinaad lacag la'aan ah sida:



Tababar taleefanka iyo online-ka lagu bixinayo



Sharootada nikotinka, xanjo ama nacnac kuleylka (lozenges)



Fariino qoraal ah**



Tageerid imayl ah**



Xirmo soodhaweyn ah

Hel daawooyin lacag la'aan ah, tababarka iska joojinta iyo waxyaalo dheeraad ah.

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*18+ **13+