

Quit Partner™ waa habka Minnesota ee lacag la'aanta ah ee la isaga joojiyo nikotiinka, oo ay ka mid yihiin sigaar cabida, cabida sigaarka elektroniga ah iyo calaajinta (tubaakada). Waxaan iska joojintaada ku taageeri karnaa tababar ah qof-iyo-qof iyo qalabyo kale oo waxtar leh. Mar alla markaad noo baahato, waxaan halkan u joognaa inaan ku caawino 24/7.

1-800-Quit-Now (1-800-784-8669) / QuitPartnerMN.com

Turjubaano ayaa la heli karaa..

Qalabyo Waxtar leh

Jooji waddada aad qaadeyso adigoo dooranaya qalabyadda lacag la'aanta ah ee aa jeceshahay inaad usku daydo.



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.**

Tababarka Iska Joojinta

Ku qaado tababar qof-iyo-qof ah taleefanka ama online-ka oo aad ka heleyso tababarayaal qibrad leh ee caawiya dadka adiga oo kale ah maalin walba. Kaliya markaad isdiiwaangeliso, waxaad heli inaad u isticmaasho qalabyadaa waxtarka leh si lacag la'aan ah:



Tababar taleefanka iyo online-ka lagu bixinayo



Sharootada nikotinka, xanjo ama nacnac kuleylka (lozenges)



Fariino qoraal ah**



Tageerid imayl ah**



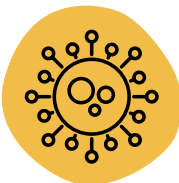
Xirmo soodhaweyn ah

ama



2- JIBAARO
FURSADHAAGA
EE ISKA JOOJINTA

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. Mar alla markaad diyaar u tahay inaad iska joojiso, anagu diyaar baynu u nahay inaan ku caawino.