



Yuav Yog Ib Leeg Niam Los?

✓ *Hloov Daiv Pawm*

✓ *Pub Niam Mis Rau Menyuam Noj*

✓ *Tsis Txhob Haus Luam Yeeb!*

✓ *Hu rau Missouri Tus Xov Tooj Txiaiv Luam Yeeb ntawm 1-800-QUIT-NOW
(1-800-784-8669) yog xav paub ntxiv thiab xav tau kev pab tawm tswv yim.*

Tej zaum koj yuav tsim nyog tau ib co nicotine gum pub dawb yog tias tau kev tso cai los ntawm tus kws kho mob.

Missouri Department of Health and Senior Services

www.dhss.mo.gov/WIC • www.dhss.mo.gov/SmokingAndTobacco

Ib tug tswv hauj lwm uas muab vaj huam sib luag/muaj cai tswj kom tsis txhob muaj kev cais tshwj.

