



Ma Hooyo Ayaad Noqoneysaa?

- ✓ Ka bedelka xafaayada
- ✓ Naasnucjinta
- ✓ Joojinta Sigaarka!

✓ **Soo wac Khadka Joojinta Tubaakada ee Missouri
1-800-QUIT-NOW (1-800-784-8669) warbixin iyo talosiinba.**

Waxaa laga yaaba in aad u qalantid in lagu siiyo xanjada kaa caawineysa inaad joojisid sigaarka oo bilaash ah oo uu dakhtar kuu ansixiyey.

Missouri Department of Health and Senior Services

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

WIC #510-Somali (1/08)

Fursad loo wada siman yahay/shaqo bixiye ilaaliya sharciga xuquuqda iyo xadgudubka.

