

If I need help to stop smoking, I can:

- Ring **Quitline 0800 778 778** for support, advice and information or go to www.quit.org.nz
- Ring **Aukati KaiPaipa 0800 926 257** for a free face-face service or go to www.aukatikaipaipa.co.nz
- Ring **Pacific Smoking Cessation 04 237 8422** for a free face-face service
- Discuss my smoking with my nurse, doctor, pharmacist or local health provider.



Capital & Coast
District Health Board
ŪPOKO KI TE URU HAURA

**The best thing you can do for your health is to stop smoking.
Please speak with a Capital & Coast staff member about this.**

*Ko te whakamutu i te kaipaipa te mea pai rawa atu mō tō hauora. Tēnā,
kōrero mai ki tētahi o mātau. (Māori)*

*O le mealoafa e sili ona taua ete faia mo lou soifua maloloina o le tuua lea o
le ulaula tapaa. Afai ete manaomia se fesoasoni poo ni fa'amatalaga
fa'amolemole fa'afesili i se tasi o le afaigaluega. (Samoan)*

*Ko te mea puapinga toou oraanga kia akakore te kai avaava. Tuatua atu ki te
tangata apii no runga i teia. (Cook Island)*