



**GOAL of the Karen Tobacco-Free Program**  
 To educate the Karen community on the harms of tobacco, and to eliminate the use of tobacco in indoor and outdoor settings.

**ကညီဖိအတၢ်ပူၤဖျးလၢညါသူးတၢ်ရဲၣ်တၢ်ကျဲၤအတၢ်ပညိၣ်**  
 နိသိးကသိၣ်လိနဲၣ်လိပပူၤကညီတတၢ်ဘၣ်ယးဒီးညါသူးအတၢ်မၤဘၣ်ဒိဘၣ်ထံးဒီးဒူးပတုၣ်  
 ကွံၣ်တၢ်သုညါသူးလၢတၢ်သုၣ်ထီၣ်ဒၤဒီးရီအပူၤဒီးအချၢသ့ၣ်တဖၣ်အဂီၢ်န့ၣ်လီၤ.

# Quitting Guide

## Free Counseling and Medication Through Medical Assistance & MinnesotaCare တၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးဒီးကသံၣ်ကသီလၢတလၢၣ်ဘူၣ်လၢၣ်စ့ၤဖဲဒီဖျိသးလၢတၢ်အိၣ်ဆူၣ်အိၣ်ချ့တၢ်မၤစၢၤဒီးမံၣ်နံၣ်စိထၣ်ခဲ

- |                                       |   |   |
|---------------------------------------|---|---|
| Nicotine patches<br>နံၣ်ခိၣ်ထုတၢ်ကး   | Nicotine gum<br>နံၣ်ခိၣ်ထုပံၣ်က့ၣ်            | Nicotine lozenges<br>နံၣ်ခိၣ်ထုကသံၣ်ကမၤ |
| Nicotine inhaler<br>နံၣ်ခိၣ်ထုကသံၣ်နၢ | Nicotine nasal spray<br>နံၣ်ခိၣ်ထုကသံၣ်နါဒ့ၣ် | Bupropion<br>ဘူၣ်ဖြိပံၣ်အီ              |
| Varenicline (Chantix)<br>ဘးရံနံခလံ    |   |   |

Talk to your doctor about quitting tobacco-use and different medication options.  
 တဲသကိးတၢ်ဒီးနကသံၣ်သရၣ်ဘၣ်ယးတၢ်ကတုၣ်တၢ်သုညါသူးဒီးကသံၣ်ကသီတဖၣ်

If you want to use free medication, ask your doctor for a prescription.  
 နမ့ၢ်အဲၣ်ဒီးသုကသံၣ်လၢတလၢၣ်ဘူၣ်လၢၣ်စ့ၤန့ၣ်, ယုနကသံၣ်သရၣ်လံာ်အုၣ်သး



## Steps to Quitting တၢ်ပတုၣ်ခိၣ်ခါ

1. Make a list of the reasons you want to quit.
2. Talk to your doctor about which medication to use.
3. Set a start date.
4. Use quit medications effectively.
5. Learn how to cope with urges to use tobacco.
6. Remove tobacco products from your surroundings.
7. Get support from family and friends.

၁. မၤနီၣ်ယၢ်စရီလၢအဟံၣ်ဖျါထီၣ်ဘၣ်မနုၤအယိနဘၣ်သးပတုၣ်လဲၣ်
၂. တဲသကိးတၢ်ဒီးနကသံၣ်သရၣ်ဘၣ်ယးဒီးကသံၣ်လၢနကသုအီၤ
၃. ဟံလီၤယၢ်မုၢ်နံၤလၢနကစးထီၣ်
၄. သုကသံၣ်ကသီတုၤလီၤတီၤလီၤ
၅. မၤလိယၢ်ကျဲလၢအကကြီဆၢတၢ်သးသုညါသူး
၆. သုးကွံၣ်ညါသူးတၢ်ပိးတၢ်လီတဖၣ်လၢနကပိာ်ကပၤ
၇. ဟံးန့ၢ်တၢ်ဆီၣ်ထွဲမၤစၢၤလၢနဟံၣ်ဖိယိဖိဒီးနတံၤသကိးတဖၣ်အအိၣ်

# Benefits of Quitting

# တၢ်ပတုၣ်အတၢ်ကဲဘျး

## Your Health :

- Your chances of having cancer, heart disease, stroke, and other diseases will reduce.
- Your lungs work better so you can breathe easier.
- Your teeth and fingernails will not be stained.

## Your Lifestyle:

- You will have more money to spend.
- Your clothes, home and car won't smell like smoke.
- You can taste your food better.

## Your Loved Ones:

- You will set a great example for your children.
- Your children will be healthier
- You will have more energy to spend time with your loved ones.

## နတၢ်အိၣ်ဆူၣ်အိၣ်ချ့

- နတၢ်ဘၣ်န့ၣ်အတၢ်လၢနကန့ၣ်ဘၣ်ခဲစၢ်, သးဖျၢၣ်တၢ်ဆါ, ကလံၤဖျး, ဒီးတၢ်ဆါအဂ့ၢ်အဂၤတဖၣ်န့ၣ်စ့ၤလီၤဝဲလီၤ.
- နပသိၣ်ကမၤတၢ်ဂ့ၢ်ထီၣ်ဒ်သိးနကသါကမုၢ်ထီၣ်
- နခဲဒီးနစုမ့ၣ်တဘၣ်အဘၣ်

## နတၢ်အိၣ်မူအိၣ်ဂဲၤအကျိၤအကျဲ

- နစုလၢနကသုန့ၣ်အိၣ်အါထီၣ်
- နကူ, နဟံၣ်, ဒီးနသိလ့ၣ်တနၢလၢမိၢ်ဘၣ်
- နတၢ်အိၣ်အရီၢ်ဂ့ၢ်ထီၣ်

## ပုၤလၢနအဲၣ်သ့ၣ်တဖၣ်

- နကကဲထီၣ်ဒ်ဂ့ၢ်တၢ်ဘၣ်လၢနဖိနလံၤအဂီၢ်
- နဖိနလံၤကအိၣ်ဆူၣ်အိၣ်ချ့
- နဂံၢ်အဘါကအိၣ်အါထီၣ်ဒ်သိးနကဟ့ၣ်ဆါဟ့ၣ်ကတီၢ်လၢပုၤလၢနအဲၣ်တဖၣ်အဂီၢ်



All Minnesotans have access to free support from QUITPLAN Services to help them quit tobacco. For people needing assistance in a different language, interpretive services are available by calling QUITPLAN Services at [1-888-354-7526](tel:1-888-354-7526) and asking for an interpreter in your language.

ပုၤအိၣ်လၢမံၣ်နံၣ်စိထီၣ်ပူၤကိးဂၤဒဲးန့ၣ်အိၣ်ဒီးတၢ်ခွဲးတၢ်ယၢ်လၢကဒီးန့ၣ်ဘၣ်တၢ်မၤစၢၤဖဲဒီဖျိသးလၢခွဲးဖျိသးကပတုၣ်တၢ်သုညါသူးန့ၣ်လီၤ. ပုၤလၢအလိၣ်ဘၣ်တၢ်မၤစၢၤလၢကျိၢ်အဂၤန့ၣ် တၢ်မၤစၢၤလၢပုၤကျိၢ်ထံတၢ်အိၣ်ဝဲ. ကိးဘၣ်ခွဲးဖျိတၢ်မၤစၢၤဖဲ ၁-၈၈၈-၃၅၄-၇၅၂၆ ဒီးသံကွၢ်ပုၤကျိၢ်ထံတၢ်လၢနကျိၢ်.

This publication is adapted from the *You Can Afford to Quit Smoking* brochure of the Minnesota Department of Health and the Centers for Disease Control and Prevention .



**Want to learn more about the Karen Tobacco-Free Program?**  
 Please contact us at 612-230-3253 (English) or 651-202-3126/651-208-2473 (English or Karen) or visit us online at [www.mnkaren.org](http://www.mnkaren.org) or at [www.wellshareinternational.org](http://www.wellshareinternational.org)  
 Email: [kftp@wellshareinternational.org](mailto:kftp@wellshareinternational.org)

Funding for this project is provided by the Center for Prevention at Blue Cross Blue Shield of Minnesota.