

How to Quit Smoking

Smoking is dangerous to your health. Quitting will reduce your risk of dying from heart disease, blood vessel disease, lung problems, cancer and stroke.

Talk to your doctor about quitting. Ask about classes and support groups in your area. Get support and encouragement and learn how to deal with stress. Talk with your doctor about medicines and other aids to help you quit. Call the National Network of Tobacco Cessation Quitlines at 1-800-784-8669 or go to the Ohio website at www.standohio.org for more information.

Before you try to stop smoking, commit to stopping. Smoking is a learned behavior that you must unlearn. It is not easy to stop, but it can be done if you are serious about quitting. Stopping will help you live a healthier and longer life.

Getting Ready to Quit

Follow these tips to get ready to quit:

- Cut down the number of cigarettes you smoke each day.
 - Smoke only half a cigarette each time.
 - Smoke only during the even hours of the day.
- Clean out ashtrays and start putting them away one by one. Clean the drapes, the car, your office, or anything else that smells of tobacco smoke.
- Get a friend or spouse to quit with you.
- Start exercising before you quit.
- Switch to a brand of cigarettes you do not like as much.
- Throw away spare lighters.
- Smoke alone if you like to smoke with people.
- Become aware of why you smoke each cigarette. Avoid the things that cause you to smoke.
- Write down a list of the top 5 reasons you want to quit. Read this list daily.

Sidee loo Joojiyaa Sigaar Cabidda

Sigaar cabiddu halis ayey ku tahay caafimaadkaaga. Joojintu waxay hoos u dhigi doontaa halista in aad u dhimato cudur wadnaha ah, cudur mareenka ah dhiig, dhibaatooyin sanbab, kansar iyo xidid qalal (faalig).

Takhtarkaaga kala hadal iska joojinta. Weydii fasallada iyo kooxaha taageerada ee xaafaddaada. Taageero iyo dhiirrigelin ka raadso oo baro sida wax looga qabto diiqada. Takhtarkaaga kala hadal daawooyinka iyo kaalmooyinka kale si ay kaaga caawiyaan in aad iska joojiso. Wac Khadka Joojinta Tubaakada/Buuriga ee Wadashaqaynta Qaranka 1-800-784-8669 ama aad shabakadda internetka Ohio ee www.standohio.org si aad war dheeraad ah u heshid.

Ka hor inta aadan isku dayin joojinta sigaar cabidda, go'aanso in aad joojiso. Sigaar cabiddu waa dabci la bartay kaasoo ay tahay in aadan barannin. Ma fududa in la joojiyo, laakiin waa la sameyn karaa haddii ay dhab kaa tahay joojintiisu. Joojintu waxay kaa caawin doontaa in aad nolol caafimaad leh iyo cimri dheer ku noolaato.

U Tabaabulshaysiga Joojinta

Raac talooyinkan si aad isugu diyaariso iska joojinta:

- Yaree tirada sigaarka aad maalin walba cabto.
 - Markiiba wazaad cabtaa xabbadda sigaarka ah badhkeed.
 - Sigaarka cab oo keliya saacadaha dhabanka ama isku buuxa sida 10ka, 12ka, 2da saac ah ee maalin nimo.
- Nadiifi haashariigga ka dibna billow in aad iska wada fogeeyso. Nadiifi daahyada, baabuurka, xafiiskaaga, ama wixii kale oo tubaako sigaar oo kale u soo uraya.
- Raadso saaxiib ama xaas kula joojiya.
- Billow jir dhis ka hor inta aadan joojin.
- U wareeg nooc sigaar ah oo aadan jecleyn.
- Iska tuur sigaar shidayaasha kaydka ah.
- Keligaa cab sigaarka haddii aad jeceshahay in aad dadka sigaarka la cabto.
- Noqo mid la socda sababta aad u cabbaysid sigaar kasta. Ka fogow waxyaabaha kuu keena in aad sigaarka cabto.
- Qor taxanaha 5-ta sababood ee aad u dooneysid in aad joojiso. Taxanahaas akhri maalin walba.

Pick a date to quit and slowly reduce your smoking until your quit date. On your quit date, stop completely. If you smoke a lot at work, quit during a vacation.

The Day You Quit

- Throw away your cigarettes, lighters and hide remaining ashtrays.
- Ask for help from family and friends.
- Make plans for the day and keep busy. Spend time in places where smoking is not allowed such as a library or the movies. Change your routine.
- Drink 8 glasses of water each day. This helps flush out the nicotine in your body.
- Keep celery, sugarless gum, hard candy, straws or toothpicks handy to help meet the urge of something in your mouth.
- Try deep breathing exercises and listen to relaxation tapes.
- Exercise.
- Eat regular meals.
- Start a money jar with the money you save by not buying cigarettes.
- Reward yourself at the end of the day for not smoking.

Over the next days and weeks you may be coping with withdrawal symptoms and cravings. Exercise and relaxation can help with withdrawal symptoms of anger, edginess or irritability. There will be times when you really want to smoke. Wait. The urge will pass in a few minutes. Take slow, deep breaths until you relax and forget about the urge to smoke. Drink water slowly and hold it in your mouth for a little while. Take your mind off smoking by thinking about something else or focus on the things you are doing. Get up and move around.

Mark your success every day on a calendar. Reward yourself each day and week.

Soo qabso taariikh aad ku joojineyso ka dibna si tartiib-tartiib ah u yaree sigaar cabiddaada ilaa aad ka joojiso. Maalinta aad iska joojiso, si buuxda u wada jooji. Haddii aad wax badan shaqada ku cabbi jirtay, iska goo waqtiga fasaxa.

Maalinta aad Joojiso

- Iska tuur sigaarrada, sigaar shideyaasha iskana qari haashtariigyada.
- Caawino weydiiso qoyska iyo saaxibbada.
- Qorsheyaal u sameyso maalinta isna mashquuli. Waqti ku qaado meelaha aan sigaar cabidda loo oggoleyn sida maktabadda ama shaleemooyinka. Nolol maalmeedkaaga beddel.
- Cab 8 koob oo biyo ah maalin kasta. Taasi waxay kaa caawinaysaa in aad jidhkaaga ka soo saarto nikotiinta.
- Hayso caleenta seleri, xanjo aan macaaneyn, nac-nac adag, qori ama findhicil si aad afka wax ugu haysato.
- Isku day jimicsi neefsasho qoto dheer ah ka dibna dhegeyso cajaladaha la isku dabciyo.
- Jir dhis samee.
- Cuntadii joogtada ahayd cun.
- Billow in aad weel ku aruuriso lacagtii aad sigaarka ku soo iibsantay.
- Naftaada ku abaal mari dhammaadka maalinta ineysan sigaar cabbin.

Maalmaha iyo toddobaadyada xiga waxaa laga yaabaa in aad wax ka qabaneysid calaamadaha ka noqoshada iyo rabitaankiisa. Jir dhis iyo is kala bixin ayaa kaa caawin kara calaamadaha carada ka noqoshada, xanaaqa iyo niyad kacsaanta. Waxaa jiri doona waqtiyo aad rabi doonto in aad dhab ahaantii sigaar cabto. Sug. Qabashadiisu waxay kaaga tegi doontaa dhowr daqiiqadood. Neef gaaban, oo qoto dheer qaado ilaa aad is kala bixiso aadna ka illoowdo rabitaanka sigaar cabidda. Si gaabisa biyo u cab oo afkaagana ku hay ilaa xoogaa. Maskaxdaada ka saar sigaar cabidda adigoo ka fekeraya wax kale ama xoogga saaraya waxyaabaha aad sameyneyso. Kac oo soo soc-soco.

Guushaada maalin walba ku calaamadee jadwalka taariikhda. Naftaada abaal mari maalin kasta iyo toddobaad kasta.

Setbacks

It is hard to quit smoking. Most people try several times before they succeed. If you do smoke, do not give up on yourself. Remind yourself of how many hours, days or weeks you have already gotten through. Identify what caused you to smoke. Add it to your list of things to avoid or practice how you will deal with it next time. Remind yourself why you quit smoking. Practice what to do when you feel the urge to smoke. Reward yourself for your willpower and courage. Take one day at a time.

Talk to your doctor or nurse if you have any questions or concerns.

Guul darrooyinka

Way adag tahay in sigaar la iska gooyo. Dadka badankoodo inta aanay ku guul aysan joojintiisa, wax badan by isku dayaan. Haddii aad sigaar cabto, ha isku koobin joojintiisa. Naftaada xusuusi immisa saacadood, maalmood ama toddobaad ayaad soo martay. Qeex waxa ku geyeysiiyey ama kugu kallifey in aad sigaar cabto. Ku darso taxanahaaga waxyaabaha aad ka fogaaneyso ama ku soo cel-celi sida aad wax uga qaban doontid waqtiga kugu soo fool leh. Naftaada xusuusi sababta aad u joojineyso sigaar cabidda. Ku soo cel-celi waxa aad sameyn lahayd marka uu sigaar ka qabto. Naftaada ku abaal mari go'aan adaygaaga iyo geesinnimada. Midkiiba maalin u qaado.

La hadal takhtarkaaga ama kalkaalisada haddii aad wax su'aalo ama walaac ah qabtid.

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