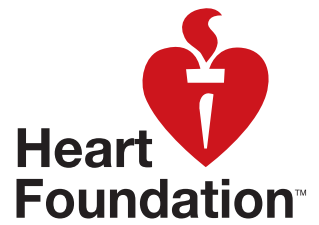


Ifi tapaka

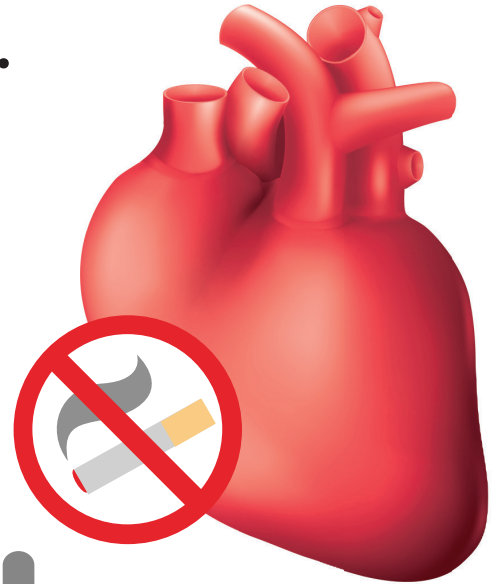
'E lava ke ne fakatupu 'a e tu'u fakafokifā 'a e tā 'o e mafu' (heart attack) pea mo e pākālava'.



Ko e lelei taha ki he mo'ui 'a ho mafu' ko hono ta'ofi 'a ho'o ifi tapaka'.

'E VAVE 'AUPITO HO'O A'USIA 'A E NGAHI LELEI 'O E TUKU IFI'.

'I HE HILI PĒ HA...



'E kamata holo hifo 'a ho toto ma'olunga'



Toe faingofua ange ki ho mafu' ke ne pamu e toto'

TA'U 'E 1 **1**
Holo 'o vaeua 'a e fangamālie ke tu'u fakafokifā ho mafu' **2**

TA'U 5 KI HE 15
Mo'ui lelei tatau pē ho mafu' mo ha taha ne 'ikai pē ifi talu 'ene tupu



'Eke ki he toketā, neesi pe ko e kēmisi 'a e ngaahi founa ke tokoni atu ke tuku ho'o ifi



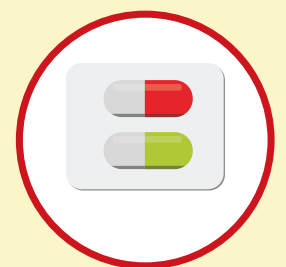
Telefoni ki he Quitline
0800 778 778
pe text ki he 4006



Kau ki he polokalama fakafokifā
fakafokifā ituitui pe fakakulupu ke ke ma'u fale'i mo poupuu mei ai



Ngāue'aki 'a e palasitā nikotini (patches), pululole (gum) pe lole misimisi (lozenges) nikotini



Faito'o mei he toketā