



Jibañ ko ikijen Tōbak ilo Bukwon in Marion

Jibañ ko Turim im Būrookraam in Injuran in Ejmour



Oregon Lain in Jibañ ikijen am Jolok am Kōjerbale Tōbak

1-800-QUIT-NOW (1-800-784-8699)
1-877-DEJELO-YA (1-877-266-3863)

www.quitnow.net/Oregon

- Bello kilo Kajin Pälle, Spanish, im kelet in kajin ko jot
- Telebon an juon māke im jibañ aunlain
- Paaj in jibañ jolok am kōjerbale nicontine iumin ruo wiik im/ak bwil ñan rinañinmej ro remaroñ toprak
- **EJELOK ONEAN**



Salem Health "Anemkwōj jen Kabaatata" ("Freedom From Smoking") Kilaaj ko

503-814-2432

www.salemhealth.org

- Bellok ilo Kajin Pälle
- Ralitok ruo-awa kilaaj ko ilo armej
- **EJELOK ONEAN**



Santiam Hospital "Anemkwōj jen Kabaatata" ("Freedom From Smoking") Kilaaj ko

971-600-5847

cclark@santiamhospital.org

- Bellok ilo Kajin Pälle
- Ralitok ruo-awa kilaaj ko ilo armej
- **EJELOK ONEAN**



Kaiser Permanente "Anemkwōj jen Kabaatata" ("Freedom From Smoking") Kilaaj ko

healthy.kaiserpermanente.org

- Bellok ilo Kajin Pälle
- Kilaaj ko aunlain im būrookraam
- Ejelok onean ñan ro rej kōjerbale injuran in Kaiser
- Onean ko rej oktak ñan ro rejjab kōjerbale



Oregon Health Plan

1-800-273-0557

OHP.oregon.gov

- Aolep būlaan ko rej lewaj juon waween kaunjel
- Lale Bḡḡk in Jibañ eo an OHP Client ñan kōmelele ko rejenolok



Aunlain, Taakij im Kōjerbale Telebon



Būrookraam̄ in Jibañ Armej ro rekonan jolok aer Kabāātat (Nicotine Anonymous)

1-877-879-6422

www.nicotine-anonymous.org

- Kajin Pälle, Kajin Spanish, im kelet ikijen kajin ko jot ilo
- Kweilok ko Aunlain im kweilok ko ilo telebon
- **EJELOK ONEAN**



Smokefree.gov

www.smokefree.gov/build-your-quit-plan

- Melele ko rejenolok ñan takto in menin mour, kōrā, jodikdik, rūtto, im armej ro rej kajin Spanish
- Kadedelak 5 buñtoñ ñan bōk būlaan in jibañ eok ilo am kajeoñ jolok am kabāātata



Eñin ej Jolok (This is Quitting)

Taakij "DITCHVAPE" ñan 88709

truthinitiative.org/thisisquitting

- Taakij būrookraam̄ ñan jibañ jodikdik ro bwe ren jolok aer kōjerbale vape
- **EJELOK ONEAN** im ejjab
- alikkar wōn ej taakij aolep raan



Ejelok kabāātata TXT

Taakij "QUIT" ñan 47848

www.smokefree.gov

- Jerbal in Kaunjel
- Taakij ko aolep raan ñan jibañ eok ilo jolok kabāātata



Būrookraam̄ in Jibañ Rijerbal im Būrookraam̄ in Injuran in Ejmour

- Jikin jermal im jikin injuran ko remaroñ bar lewaj būrookraam̄ im jibañ ñan jolok tōbak
- Kōnaan ippen jikin injuran eo am



Doulol eo an Jibañ Kanjer ilo Amedka Empowered to Quit

www.cancer.org/empoweredtoquit

- Būrookraam̄ eo ej pedped ion-email ñan jibañ eok jolok

