

TIPS TO QUIT SMOKING

12M

1. **DELAY (MELENGAH-LENGAHKAN)**
Wait for 5 minutes, or say "later".
2. **TAKE LONG BREATHS (MENARIK NAFAS PANJANG)**
Slowly breathe in 3 times.
3. **DRINK WATER (MINUM AIR)**
Drink boiled water, avoid caffeinated drinks.
4. **MAKE YOURSELF BUSY (MENYIBUKKAN DIRI)**
Engage in activities to distract yourself and forget about the need to smoke.
5. **DISTANCE YOURSELF (MENJAUHKAN DIRI)**
From places with smokers.
6. **AVOID (MENGELAKKAN DIRI)**
Places, environments and occasions with smokers.
7. **CHEW SOMETHING (MENGUNYAH SESUATU)**
Such as candy or fruits and avoid sweets.
8. **WASH YOUR HANDS (MEMBASUH TANGAN)**
9. **BATHE / SHOWER OFTEN (MANDI DENGAN KERAP)**
10. **STRETCH YOUR MUSCLES (MEREKANGKAN OTOT)**
When feeling sleepy.
11. **MEDITATION (MEDITASI)**
12. **PRAYER (MEMOHON DOA)**
Pray for resolve and willpower.



Ministry of Health
Malaysia

Published by :
Health Education Division
Ministry of Health Malaysia
www.myhealth.gov.my • www.infosihat.gov.my
BUT.3, KKM (Cetak/PTB)238/2008, BI 50,000



Be Healthy For Life

SIRI TAK NAK MEROKOK

QUIT SMOKING INFOLINE

03 - 8883 4400

It is easier to quit smoking if
you know how!



Ministry Of Health Malaysia



QUIT SMOKING INFOLINE

Since January 2007, the Ministry of Health Malaysia has provided a hotline service to aid smokers in giving up their habit. This hotline is known as Infoline Berhenti Merokok at 03-88834400. It operates daily during working hours. Calls outside working hours will be recorded and the caller will be contacted within 24 working hours on the next working day. Infoline Berhenti Merokok is hosted by the Health Education Division of the Ministry of Health Malaysia.

OPERATING HOURS

8.00 a.m. – 5.00 p.m., Mondays to Fridays
(working days only).

SERVICES PROVIDED

1. Advice on quit smoking
2. Tips to quit smoking
3. Quit Smoking Clinic

Infoline Berhenti Merokok helps you, your family and friends to quit smoking.

CONTACT US TODAY

OUR OFFICERS ARE READY TO ASSIST YOU!

WARNING Cigarette Causes



Mouth Cancer



Premature birth



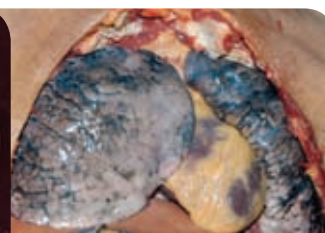
Neck Cancer



Gangrene



Miscarriage



Lung Cancer