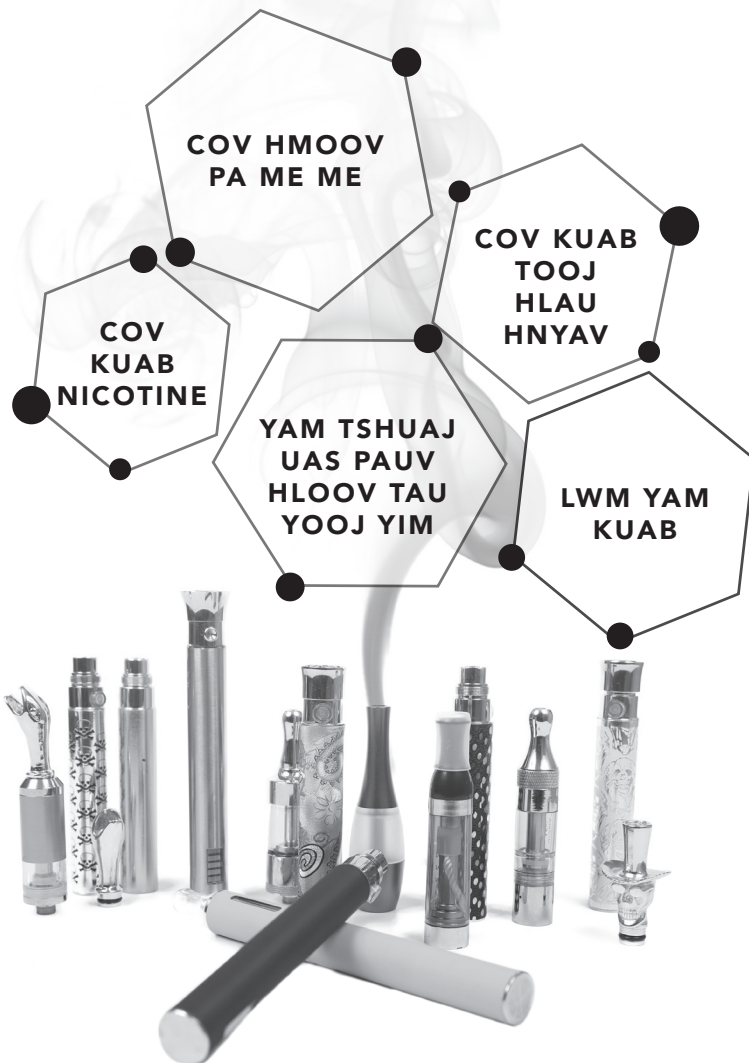


tqhov tseeb ntawm cov luam yeeb hluav taws xob



Kev txiav haus luam yeeb yog ib ntawm feem tseem ceeb tshaj plaws uas koj muaj peev xwm tiv thaiv kev noj qab haus huv kom zoo rau koj thiab koj tsev neeg.

**Nug koj tus kws kho mob thov kev pab los sis hu rau
1-800-QUIT-NOW (1-800-784-8669)**

This material was developed by, and used with permission from the University of North Carolina Collaborative for Maternal and Infant Health.