

# Jikka, Tōbak, Nicotine im Kaajiriri



Kaajiriri/kaniññin ej rōjañ in kōmmane, jokdoon ñe kwōj kōbaatat, kōbaatat jarōm akō moña tōbako.

Wāwein kadiklak kauwōtata ilo pepa in ej jibāñ kōjbarōk ajiri eo nejūm jān an epāake nicotine.

## ***Ta in nicotine?***

Nicotine ej juōn uno eo ekajur. Ej kōmman bwe en mōkajlak an baṃ ubom, menono, im kaḷapḷok an makutkut bōtōktōk. Ewōr nicotine ilo jikka, jikka jarōm, jikka kilep, ṃōñā tōbako, im kakāal nicotine ñan jibāñ.

## ***Nicotine emāroñ in deḷoñ ilo miliik an armij.***

Aet. Ñe kwōj kōjerbale nicotine, ej deḷoñ ilo miliik eo am. Joñan nicotine ej laptata 10 minit elikin am kōbaatat juōn jikka. Enbwinnim ej jermal e an nicotine jermal. 1 ½ awa elikin kōbaatat, jimetan in nicotine emōj an duōjlak jān miliik eo am.

## ***Ta eo kwōj kōmmane mokta, ilo tōrre eo, im elikin am kōjerbale nicotine***

### ***Mokta jān am kōjerbale nicotine:***

- Kajeoñ in kaniññin ajiri eo nejūm mokta jān am kōbaatat, kōbaatat jarōm ak ṃōñā
- Kajeoñ in kaniññin ajiri eo nejūm mokta jān am kōjerbale nicotine eo emōkaj an jermal (bwil, kein bütūk, lozenge, im kein menono).

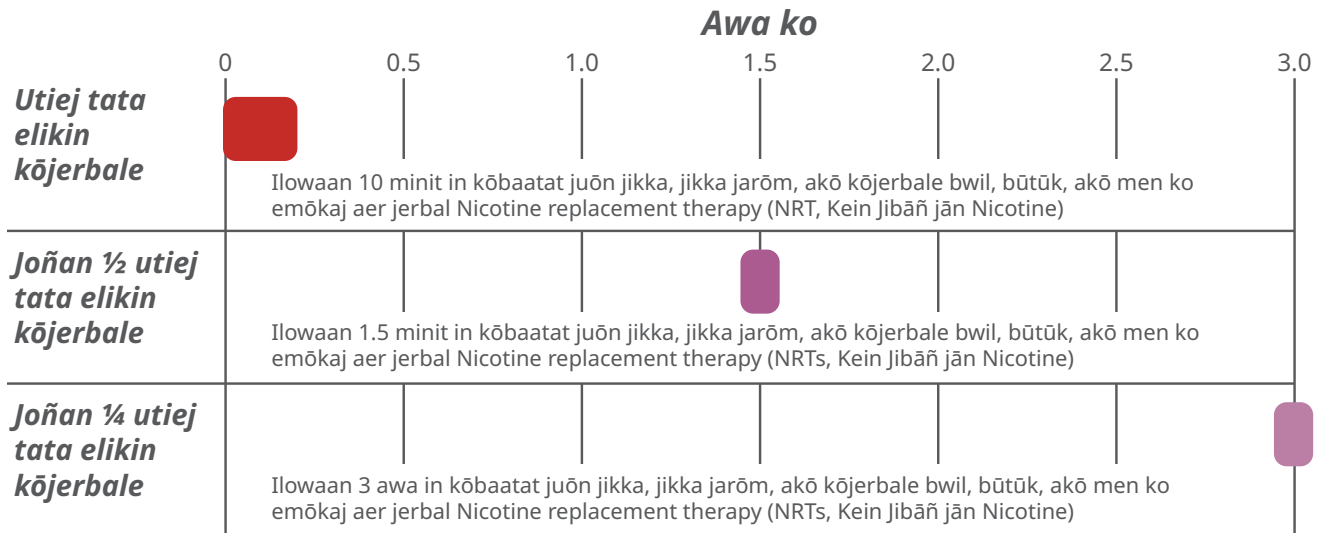
**Mokta jān am kōjerbale nicotine:**

- Jab kōbaatat akō kōbaatat jarōm imaan mejan ajiri eo nejūm, ijo ajiri eo nejūm ej jokwe, akō jikin ko elap aer kilōk āinwōt wa. Ñe kwōjjab māroñ in duōj ñan nabōj, kōbaatat akō kōbaatat jarōm ilo tūrin juōn wūntō eo epellok.

**Elikin am kōjerbale nicotine:**

- Kwōjjab aikuj in baṃ im jolōk miliik eo am elikin am kōjerbale nicotine. Ñe kwōj māroñ in, kaniññin ajiri eo nejūm mokta jān am kōjerbale nicotine. Jokdoon ñe kwōj kaniññin elikin am kōbaatat akō kōbaatat jarōm, lelak kijen ajiri eo nejūm miliik eo am eman lak jān kōjerbale bota.

**Joñan nicotine ilo miliik eo am im enbwinim elikin am kōbaatat:**



**Kōjbarōk eok im ajiri eo nejūm bwe en eman amiro ejmour**

- Bōk juōn vitamin ewōr iodin im leen wōjke ko emeram kōlar ko aer im pejtōbōl ñan kaḷapḷok kajur ilo miliik eo am.
- Kōnnaan ippān jikin taktō eo an ajiri eo ñe ej lap an makutkut, nana tamin, akō emōjḷak im bidodo lojjen.
- Kajeoñ in jab kiki ilo ejja juōn wōt jikin āinwōt ajiri eo nejūm. Karōk in kiki eo elapḷok an kōjbarōk ej ñan am pād ilowaan juōn wōt ruum ippān ajiri eo nejūm ilo an lōñ an māke jikin kiki.
- Kakwōne tōbako im uno ko rekajur ilo an kōjbarōk. Elaptata an aurōk ñe ewōr ajiri ro jōt ilo mweo imōm.
  - **Ñe kwōj lōmṇak ajiri eo nejūm emōj an orañḷok nicotine**, kūrḷok Poison Control (Jikin Kantūrol Baijin) ilo 800-222-1222.
- Kwōn kōjparōk kwe make im kein karuo im kajilu kōbaatat. Kajilu kōbaatat ej ilo tōrre eo kwōj kōbaatat ilo men ko āinwōt nuknuk akō dāpin eṃ.
  - Jab kōtlak kōbaatat ilowaan em.
  - Kajitok ippān armij bwe ren jab kōbaatat tūrin ajiri eo nejūm.
  - Bukōt juōn HEPA kein liklik mejatōtō im likit ilo ruum eo im kwe im ajiri eo nejūm ej ped ie ilo iloñ ie.
  - Ñe juōn armij ej kōbaatat tūrin ilo mweo imōm, ṃaabe jikin ko im kwale nuknuk.
  - Ekanak juōn nuknuk menen akō kōjerbale juōn kooj ilo am kōbaatat akō kōbaatat jarōm nabōj, innem kwale peim im jolōk nuknuk menen ak kooj eo mokta jān am jibwe ajiri eo nejūm.
- Ñe kwōj kōbaatat, kōbaatat jarōm, akō ṃōñā tōbako, lōmṇak kin am bōk Nicotine Replacement Therapy (NRT, Jibāñ ikijen Kōjerbale Nicotine).



## ***Wāwein an nicotine akō kōbaatata karuo akō kōbaatat jarōm māroñ in jelōt juōn ajiri***

Ñe jinen akō jemen ajiri eo im ro jōt rej pād ilo mweo rej kōbaatat, niñniñ eo nejeir rej pād ilo elaplōk kauwōtata in:

- Nañinmej in menono ko āinwōt brochitis
- Kot ilo lojilñi
- Asthma
- Lap jān joñan jañ
- Sudden Infant Death Syndrome (SIDS, Nañinmej in an Mōkaj an Ajiri Jako)

Men kein rej walok jān emenono baat, baijin ko ilo jikka akō jikka jarōm, im jān nicotine. **Kaniññin ej jibāñ kōjbarōk ajiri eo nejūm jān wāwein kein.**

## ***Kōjerbale nicotine im kaajiriri***

Kōbaatat emāroñ in kadiklak an wōr am miliik akō jelōt eok (an duōjlak miliik).

Ajiri ro rej epāake nicotine mokta jān an lōtak jōt ien ebin kaajiriri. Ñe kwōj ion e abañ ko, [jibāñ ikijen kaajiri](#) emāroñ in jibāñ. Ñe kwōj kemour ilo juōn ojpitōl, kwōj māroñ in kajitok ñan an juōn jibāñ ikijen kaajiriri.

Kōbaatat emāroñ in kadiklak an wōr kajur ilo miliik eo am im kalaplak an wōr men ko reddo ilo miliik eo. Miliik eo am elaplōk kajur ie jān miliik bota im ej kōjbarōk ajiri eo nejūm jān an wōr an nañinmej.

## ***Kadiklak am kōjerbale nicotine.***

Kwōj ke kōnan bwe en bōjrak akō diiklak am kōbaatat, mōñā, akō kōbaatat jarōm? Kōnnaan ippān jikin taktō eo am akō kūrloq Washington State Quitline (Lain in Jibāñ Jōlok ilo Washington) ilo 800-QUIT-NOW (800-784-8669) ñan jibāñ eo ejelōk onean. Rej māroñ in roñjake aikuj ko am im jibāñ eok bōk Nicotine Replacement Therapy (NRT, jibāñ ikijen Nicotine).

*Armij rej kōjerbale naan ko rej oktak ñan kōmmelele kin enbwinnier. Jōt jinen akō jemen ajiri rekar ukōte enbwinnier rej kōjerbale "ūb" ijelakin "niñniñ." Ilo pepa in, jej kōjerbale kaniññin im kaajiriri āinwōt naan ko rej juōn wōt. Kaajiriri ej juōn wāwein eo im enbwinnim ej kōmman miliik ñan an naajidiñ ajiri ro.*