

The laua'e fern thrives in various environments from the lava fields to the nāhele (forest) and can withstand the elements of nature from the wela (hot) sun to torrential ua (rain). Its resiliency symbolizes one's ability to not only conquer addiction such as tobacco use but to be triumphant in living ola kino.

The roots of the laua'e grows deep and are many, this is the connection between you (the fern) and all of those who will kāko'o support you on your journey.

Kai Carvalho
Hāmākua-Kohala Health Center

READY TO LIVE PONO?

Start your smoke-free, vape-free journey today.



www.polhi.org/tobacco

Mahalo nui to our partners:
Hāmākua-Kohala Health Center
Coalition for a Tobacco-Free Hawai'i Island
Hawai'i Public Health Institute
Hawai'i State Department of Health

Updated: 05/2024

MEDICINES TO HELP YOU QUIT SMOKING & VAPING

It's normal to need help quitting cigarettes and vapes. Quit medications and the help of a doctor or a tobacco treatment specialist can double your chances of quitting for good. Learn more about medicines to help you quit nicotine and live pono.



Papa Ola Lōkahi



THERE ARE MANY MEDICINES THAT CAN HELP YOU QUIT

TALK TO YOUR DOCTOR ABOUT WHICH IS RIGHT FOR YOU.

The following medicines are available over the counter at most drugstores, pharmacies, supermarkets, and wholesale retailers such as Costco and Sam's Club. Your health insurance may cover some or all of the cost.

Get FREE patches, gum and lozenges by enrolling with the Hawai'i Tobacco Quitline.*

For all products read the directions carefully, or talk to your pharmacist, or health care provider.

NICOTINE PATCHES

Brand Name: Habitrol, Nicoderm CQ, Nicotrol

Description: A patch that sticks to your skin and releases small amounts of nicotine into your body.

NICOTINE LOZENGE

Brand Name: Nicorette

Description: Lozenges are like cough drops that must be sucked on until gone. Don't bite, chew or swallow them. **Read directions carefully** because the dosage is reduced over time.

NICOTINE GUM

Brand Name: Nicorette, Nicorette DS, Nicorette various flavors

Description: Gum that is chewed, one piece at a time. Be sure to **read the directions carefully** about how to chew and how many can be chewed in a day.

***Hawai'i Tobacco Quitline**
1-800-QUIT-NOW (1-800-784-8669)

Or visit online at:
www.hawaiiquitline.org

These medications are only available with a prescription from your health care provider.

In some cases your health insurance may cover some or all of the cost.

PILLS

Brand Name: Zyban

Also Called: Wellbutrin, Bupropion SR

Description: This medication lessens cravings and weight gain while quitting. Doesn't contain nicotine.

Brand Name: Chantix

Also Called: Varenicline

Description: This medication lessens the urge to smoke for most people. Doesn't contain nicotine.

NICOTINE INHALER

Brand Name: Nicotrol IN

Description: The Nicotine Inhaler comes in a kit. Ask your health care provider about use.

NICOTINE NASAL SPRAY

Brand Name: Nicotrol NS

Description: A solution that is sprayed in the nose.

Talk to your pharmacist or health care provider about the benefits of using more than one medication at a time.