



戒菸

WE ARE NEW YORK

雜誌

ENGLISH
中文



請收看我們的電視故事學英語吧



WE ARE NEW YORK

全新電視節目

www.nyc.gov/LearnEnglish

製作人士名單：

「WE ARE NEW YORK」雜誌撰寫人和製作者：Kayhan Irani與 Anthony Tassi；插圖美工：Stedroy Cleghorne；翻譯公司：Eriksen Translations Inc。
設計總監：André M. Pennycooke。

特別鳴謝：Leslee Oppenheim、David Hellman、K. Webster、Fatima Ashraf、John Mogulescu、Dennis M. Walcott、Malvina Acevedo、Christina Chang、Courtney Collins、Abou Diakhate、Claudia Duarte、Shaifa Farooqui、Delethea Gordon、Jeniffer Herrera-Andujar、Lai-Sheung Huie、Roopa Kalyanaraman、Elizabeth Kilgore、Kari Lundwall、Jenna Mandel-Ricci、Ana Muller、Brian Sands、Joe Shick、Melanie Smith、Larry Tantay、David Weisman、Metropolitan Hospital、New York City Department of Health & Mental Hygiene、New York City Health and Hospitals Corporation。

nyctv

nyc.gov/tv

NYC

Michael R. Bloomberg
Mayor

Mayor's Office of
Adult Education

Anthony Tassi
Executive Director

Information Technology
& Telecommunications

Paul J. Cosgrave
Commissioner

NYC
media group

Katherine Oliver
General Manager

CU
NY

The City
University
of
New York

目錄

本集故事：戒菸 第2 – 7頁

人物介紹 第8 – 9頁

我們的做法 第10 – 11頁

你能做甚麼 第12 - 13頁

你能說甚麼 第14頁

實用詞彙 第15頁

本集故事

戒菸：

每個人都認識薩夏，他是布萊頓海灘冬泳賽的冠軍得主。每年他所在的俱樂部都會組織冬泳為兒童醫院籌款。薩夏總是能籌到最多的錢。但今年，他由於吸菸患上了嚴重的咳嗽，沒法在那個重要的日子參加游泳。如果他想繼續游泳就要戒菸。薩夏從妻子及他最好的朋友那裡獲得了幫助。但是，這樣就夠了嗎？



各位，歡迎參加這個冬天的首次游泳活動。



咳！
咳咳！

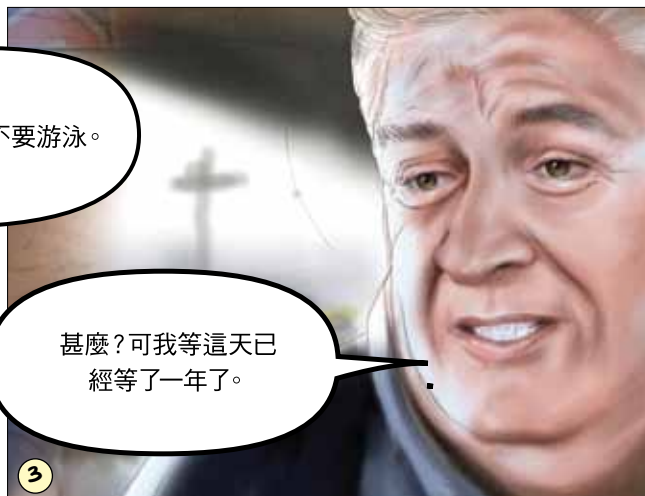
1

薩夏，你的咳嗽好像很嚴重。
你是知道規則的！



2

如果生病了就不要游泳。



3

甚麼？可我等這天已經等了一年了。

醫生診所



4

醫生，你能再說一遍嗎？

當然可以。你的丈夫
必須戒菸。



5

我甚麼時候想戒菸就會戒...
但不是今天。





你好？是311嗎？我想要戒菸。
有人能跟我談談嗎？



嗨，薩夏。你最終還是戒菸了。
真了不起。



看看我從紐約市衛生局網站
上找到的資料。



專家說，若有朋友幫助，
戒菸會更容易。我是你的
朋友，我會幫助你。



哦，這沒用。我以前試過，不行。



不，你行。繼續努力。
我們和你同舟共濟。

一週後

我很高興你打電話給我，而不是去吸菸！

18

一個月後

安妮亞，這個月我一根菸都沒吸。
你相信嗎，我節約了300美元！

19

三百美元？我真為你感到驕傲。

20

而且 … 你的吻不再
有異味了。

21

謝謝你們。沒有你們我是沒法把菸戒掉。
現在，我們去游泳吧。

22

人物介紹



薩夏

當我搬到布萊頓海灘時，我認識了許多來自我的國家的人們。他們許多人都吸菸。很多年來，我每天吸菸的數量都超過一包。我試過幾次戒菸，但都不成功。這次不同，我有很好的理由要戒菸。我想繼續游泳，尤其是參加重要的「冬泳賽」，為醫院裡的孩子們籌款。這次我去找了醫生。我從朋友及妻子那得到了幫助。這很有效，我戒了菸。現在，我感覺生命在自己的掌握之中。



安妮亞

薩夏與我已結婚多年。如果你愛一個人，看到他們吸菸損害身體健康，你很難坐視不理。之前，我看到薩夏嘗試了幾次戒菸。他心情失落時，我願意傾聽他的想法。我告訴他我有多愛他。我希望他更長壽。現在他戒了菸，我知道他肯定感覺比以前好多了。



瑞西

在我小時候，我父親就因吸菸患病死亡。這就是我想幫助薩夏的原因。他是我最好的朋友。我不想看到他因為吸菸患病或死亡。如果你有朋友在吸菸，幫助他們戒掉。讓他們瞭解，他們可與你交談。這並不容易，但別放棄。醫學專家指出，如果想戒菸的人有朋友幫助，他們會更容易把菸戒掉。

馬克

在我創辦「冬泳俱樂部」時，薩夏是第一個報名參加的。他喜歡在冰冷的水中游泳。但他的咳嗽很嚴重，我知道他需要去看病了。我希望我的所有游泳會員身體健康。薩夏戒了菸，他成為了更好的游泳會員。



醫生

在我工作的診所，我幫助來自不同國家的人們戒菸。我為他們提供藥物、尼古丁貼片及其他幫助。我還幫助他們找到支援小組，即其他嘗試戒菸的人們。當患者讓我說慢點或再解釋一遍時，就像安妮亞那樣，我總會感到很高興。我的工作就是讓人們瞭解他們的健康問題，以及對此他們能做些甚麼。每個人都有權獲得良好、清晰的健康資訊。人們瞭解得越多，他們就能更好地掌握自己的生命。



我們的做法

以下是我戒菸的方法，可能這些建議對你也有幫助。

- 1 我有很好的戒菸理由 — 幫助兒童們。每天我都用這個理由提醒自己。但是，健康長壽就是你的極好戒菸理由。
- 2 我去找了醫生。我得到了藥物、尼古丁貼片及尼古丁口香糖。你要嘗試不同的東西，看甚麼對你有效。
- 3 我設定了日期。我告訴我的朋友與家人，我在那天開始戒菸。
- 4 我撥打311獲取資訊及幫助。我還撥打了1-866- NY-QUITS (1-866-697-8487)
- 5 有兩個人對我幫助很大，就是瑞西與安妮亞。在我想吸菸時，他們傾聽我的想法、給我帶來資訊並幫助我鍛鍊身體。他們從未對我失去信心。
- 6 我花了很長時間來戒菸。這不是我第一次嘗試戒菸。每次你嘗試戒菸時，你要瞭解對你有幫助的新事物。如果我能做到，你也能。
- 7 我不得不遠離一些仍在吸菸的朋友。我們過去總是在一起吸菸。但我戒菸後，就很難再與他們在一起了。



我們的做法



薩夏過去常常在家裡吸菸。聞著他的菸味對我的健康很不好。人們吸菸時，就會影響到家裡的每個成員，尤其是兒童與嬰兒。

紐約市為想要戒菸的人士提供了許多幫助。許多鄰近地區也提供特殊計劃。致電311瞭解戒菸計劃並獲取有關如何戒菸的資訊。



薩夏戒菸後，他的健康狀況立即有了改善。他變得更有活力，心臟功能更好，游泳也游得更好。

薩夏戒菸後節約了不少錢！一個月省下了300美元！這不容易，但他做到了。如果你戒菸的話，能省下多少錢呢？你會怎麼用那些錢呢？



你能做甚麼

以下是一些幫助人們戒菸的建議。

與你的家人和朋友分享這期雜誌中的資訊。你可以改變他們的生活。

目標

你想要戒菸。

1. 找一個好的戒菸理由，並選擇戒菸的日期。

2. 前往診所就醫。醫生能為你提供藥物或其他東西幫助你戒菸。

目標

你想要幫助別人戒菸。

1. 與他們交談，傾聽他們的想法，讓他們知道你能夠提供幫助。

2. 成為他們的「戒菸夥伴」。告訴他們想吸菸時打電話給你。提議一起散步或做其他運動。

3. 告訴你的朋友或家人你正在嘗試戒菸。告訴他們你戒菸的理由及將要戒菸的日期。請不要害怕向他們求助。

4. 請致電311，詢問你附近地區的戒菸計劃。

或

免費致電1-866-NY-QUITS
(1-866-697-8487)

3. 請造訪**www.nysmokefree.com**，你可更深入瞭解你的朋友們的感受。

4. 你亦可造訪
www.nyc.gov/quitsmokingtoday

你能說甚麼

在醫生的辦公室，你可以說：

- 你能說慢點兒，具體解釋一下嗎？

記下醫生說的內容，過後回家重看一遍。帶上朋友或家人前去提供幫助。你還可要求提供翻譯員。

撥打311的時候你可以說：

- 我想要戒菸。你能提供有幫助的資訊嗎？
- 你能告訴我在我鄰近地區的戒菸計劃的電話號碼嗎？

你還可要求提供翻譯員。311提供中文服務。全天24小時開通。

當你與朋友交談時，你可以說：

- 你想吸菸的時候就給我打電話吧。
- 別擔心，你會把菸戒掉的。我知道你能做到。

在薩夏感覺很糟時瑞西的幫助發揮了作用。你的話會很有用！

挑戰

困難的情況或任務。

戒菸是個巨大的**挑戰**，但你能做到。

尼古丁貼片

看起來像是一塊小繃帶，可貼在皮膚上。
它透過皮膚緩慢地將尼古丁釋放進體內。

尼古丁貼片可幫助你戒菸。前往醫生診所
獲取貼片，或致電311。

戒

停止做某事。

戒菸可改善你自己及家人的身體健康。

戒菸夥伴

幫助你戒菸的好朋友或夥伴。

瑞西是薩夏的**戒菸夥伴**。

二手菸

當有人吸菸時，其他人吸入的煙霧。

吸入**二手菸**與自己吸菸一樣有害健康。應
避免讓兒童吸入二手菸。

311

你可以撥打這個免費電話號碼瞭解
紐約市的各種服務。

撥打**311**時你可以說中文。

1-866-NY-QUITS (1-866-697-8487)

紐約州免費的戒菸電話號碼。

1-866-NY-QUITS (1-866-697-8487)是
免費的熱線電話，你可撥打這個電話獲取
戒菸資訊及幫助。

WE ARE NEW YORK

收看我們的故事學英語

在電視上收看所有九個故事
閱讀學習指南
加入團體練習英語



獲取自己的免費學習指南以及加入團體，請造訪

www.nyc.gov/LearnEnglish

NYC

Michael R. Bloomberg
Mayor

Mayor's Office of
Adult Education

Anthony Tassi
Executive Director

CUNY

The City
University
of
New York



No Smoking

WE ARE NEW YORK Magazine

ENGLISH



Learn English on TV with our stories



Success



Community



Family

Love



Hope



Friendship

WE ARE NEW YORK

A NEW TV SHOW

www.nyc.gov/LearnEnglish

CREDITS

We Are New York Magazines created and written by Kayhan Irani and Anthony Tassi. Illustration and Art by Stedroy Cleghorne. Translations by Eriksen Translations Inc. Design Director: André M. Pennycooke.

Special Thanks: Leslee Oppenheim, David Hellman, K. Webster, Fatima Ashraf, John Mogulescu, Dennis M. Walcott; Malvina Acevedo, Christina Chang, Courtney Collins, Abou Diakhate, Claudia Duarte, Shaifa Farooqui, Delethea Gordon, Jeniffer Herrera-Andujar, Lai-Sheung Huie, Roopa Kalyanaraman, Elizabeth Kilgore, Kari Lundwall, Jenna Mandel-Ricci, Ana Muller, Brian Sands, Joe Shick, Melanie Smith, Larry Tantay, David Weisman, Metropolitan Hospital, New York City Department of Health & Mental Hygiene, New York City Health and Hospitals Corporation.

nyctv
nyc.gov/tv

NYC
Michael R. Bloomberg
Mayor

Mayor's Office of
Adult Education
Anthony Tassi
Executive Director

Information Technology
& Telecommunications
Paul J. Cosgrave
Commissioner

NYC
media group
Katherine Oliver
General Manager

**CU
NY** The City
University
of
New York

What's Inside

The Story: No Smoking Pages 2 - 7

Who We Are Pages 8 - 9

How We Did It Pages 10 - 11

What You Can Do Pages 12 - 13

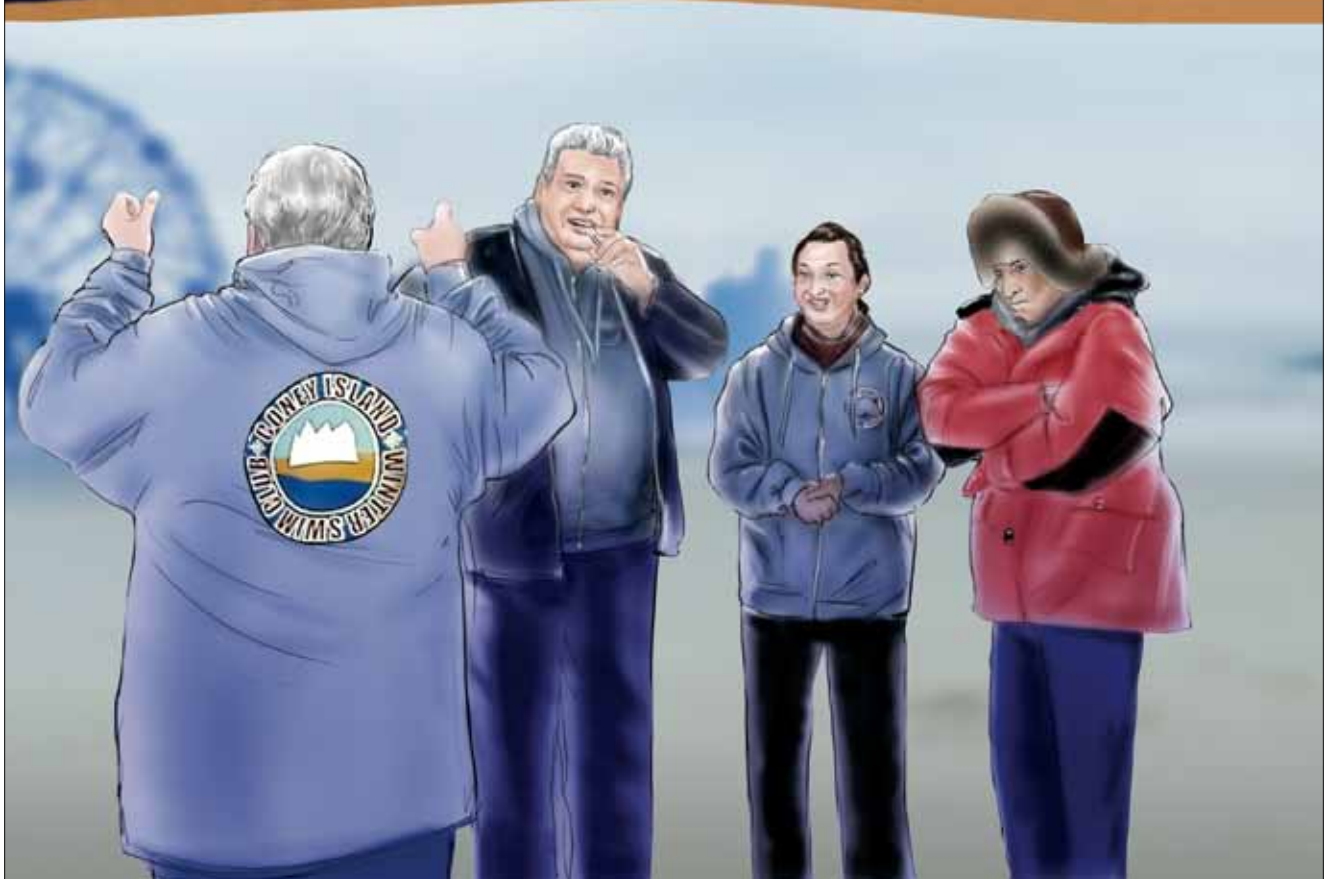
What You Can Say Page 14

Helpful Words Page 15

THE STORY

No Smoking

Everyone knows Sasha, the Champion Winter Swimmer of Brighton Beach. Every year his club goes swimming in the winter to raise money for the children's hospital. Sasha always raises the most money. But this year, he has a bad cough from smoking and can't swim on the big day. He has to quit smoking if he wants to swim again. Sasha gets help from his best friend and his wife. But, will it be enough?



Welcome, everyone to the first swim of the winter.



**COUGH
COUGH**

1

Sasha, that cough sounds serious. You know the rules!



No swimming if you are sick!

2



What?! But I've been waiting all year for today.

3

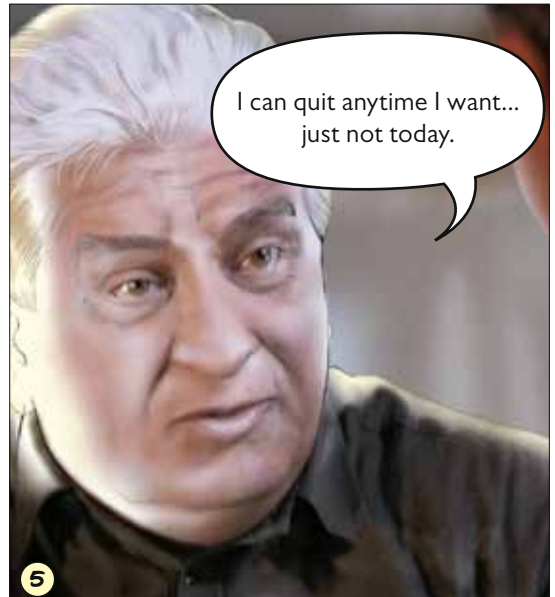
The Doctor's Office



Doctor, can you please say that again?

Of course. Your husband has to quit smoking.

4



I can quit anytime I want... just not today.

5





Hello? 311? I am trying to quit smoking. Is there someone I can talk to?



Hey, Sasha. You're finally quitting. That's great.



Look what I got from the New York City Health Department website.



The experts say it is easier to quit smoking when you have a friend to help you. I am your friend and I will help you.



Oh, it doesn't work. I tried to quit before. I can't.



Yes you can. Keep trying. We'll do this together.

A Week Later

I'm glad you called me instead of having a cigarette!

18



One Month Later

Anya, I haven't smoked a cigarette in one month. Can you believe it, I have saved \$300!

19



Three hundred dollars? I am so proud of you.

20

21

And... your kisses taste better too.



Thank you both. I couldn't have done it without you. Now let's go swimming!

22

WHO WE ARE



SASHA

When I moved to Brighton Beach, I found a lot of people from my country. Many of them smoked. For years, I smoked more than a pack of cigarettes every day. I tried to quit a few times, but I always went back to smoking. This time was different. I had a good reason to quit. I wanted to swim again, especially in the big Winter Swim to raise money for the children in the hospital. I went to the doctor this time. I got help from my friend and my wife. It worked. I stopped smoking. Now, I feel in control of my life.



ANYA

Sasha and I have been married for a long time. When you love someone, it's hard to see them hurt themselves by smoking. I watched Sasha try to quit smoking a few times before. When he felt bad, I would listen to him. I told him how much I love him. I want him to live a long life. Now that he quit smoking, I know he'll feel better.



RISHI

When I was a little boy, my father died from smoking. That's why I want to help Sasha now. He is my best friend. I don't want to see him get sick or die from smoking. If a friend of yours smokes, help them quit. Let them know they can talk to you. It won't be easy, but don't give up. Medical experts say that it is easier for someone to quit smoking if they have a friend who helps them.

MAC

When I started the Winter Swim Club, Sasha was the first to join. He loved swimming in the cold water. But, when he couldn't stop coughing, I knew it was time for him to see a doctor. I want all my swimmers to be healthy. When Sasha quit smoking, he became a better swimmer.



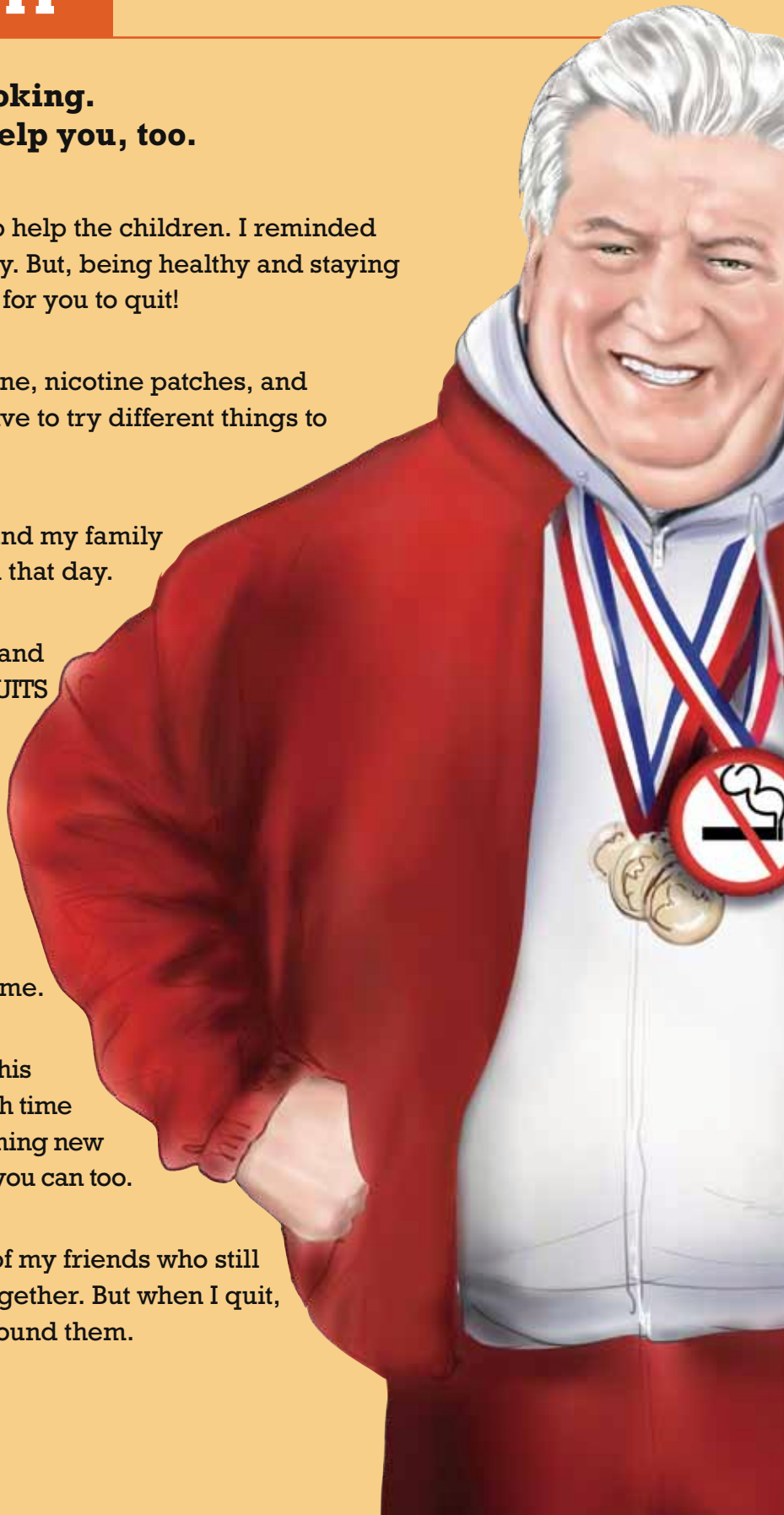
DOCTOR

I help people from many different countries quit smoking at the clinic where I work. I give them medicine, nicotine patches and other help. I also help them find a support group - other people trying to quit smoking. I am always glad when patients ask me to slow down and explain things again, like Anya. It's my job to make sure people understand their health problems and what they can do about them. Everyone has a right to good, clear health information. The more people know, the more they can do to take control of their lives.

HOW WE DID IT

**Here's how I stopped smoking.
Maybe these ideas will help you, too.**

- 1** I had a good reason to quit – to help the children. I reminded myself of that reason every day. But, being healthy and staying alive is a good enough reason for you to quit!
- 2** I went to a doctor. I got medicine, nicotine patches, and nicotine chewing gum. You have to try different things to see what works for you.
- 3** I set a date. I told my friends and my family that I was quitting smoking on that day.
- 4** I called 311 to get information and help. I also called 1-866-NY-QUITTS (1-866-697-8487).
- 5** I had two people who helped me a lot - Rishi and Anya. They listened to me, got me information, and helped me to exercise when I wanted to smoke. They didn't give up on me.
- 6** It took me a long time to quit. This wasn't my first time trying. Each time you try to quit, you learn something new that can help you. If I can do it, you can too.
- 7** I had to stay away from some of my friends who still smoke. We always smoked together. But when I quit, it was too hard for me to be around them.



HOW WE DID IT



Sasha used to smoke in the house. Breathing in his cigarette smoke was bad for my health. When people smoke, it affects everyone in the house - especially children and babies.

New York City has a lot of help for people who want to quit smoking. There are special programs in many neighborhoods. Call 311 to find a quit smoking program and get information about how to quit smoking.



When Sasha quit smoking, his health got better right away. He has more energy. His heart works better. He swims better.

Sasha saved so much money when he quit smoking! In one month he saved \$300! It wasn't easy, but he did it. If you quit smoking, how much money would you save? What would you do with that money?



WHAT YOU CAN DO

Here are some ideas for helping people stop smoking.

Share the information in this magazine with your family and friends. You can make a difference in their lives.

Goal

You want to quit smoking.

1. Find a good reason to quit and pick a date to stop smoking.
2. Visit your doctor. He or she can give you medicine and other things to help you quit.

Goal

You want to help someone quit smoking.

1. Talk to them. Listen to them. Let them know that you are there to help.
2. Become their “quit buddy.” Tell them to call you when they want a cigarette. Offer to go for a walk or do other exercise together.

3. Tell your friends and family you are trying to quit. Tell them the reason you are quitting and the date you will quit. Don't be afraid to ask them for help.

4. Call 311. Ask for a quit smoking program near you.
OR
Call 1-866-NY-QUITS
(1-866-697-8487) for free.

3. Visit **www.nysmokefree.com**. You can learn more about what your friend is going through.

4. You can also visit **www.nyc.gov/quitsmokingtoday**

WHAT YOU CAN SAY

In the doctor's office you can say:

- Can you please slow down and explain what you mean?

**Write down what the doctor says and read it at home later.
Bring someone with you to help. You can also ask for an interpreter.**

When you call 311, you can say:

- I want to quit smoking. Do you have information that can help me?
- Can I have the phone number for a quit smoking program in my neighborhood?

**You can also ask for an interpreter. 311 speaks your language.
24 hours a day.**

When you talk to a friend, you can say:

- When you want to smoke, call me instead.
- Don't worry, you will quit smoking. I know you can do it.

**Rishi's support really helped Sasha when he felt bad.
Your words are powerful!**

HELPFUL WORDS

Challenge

A difficult situation or task.

It is a big **challenge** to stop smoking – but you can do it.

Nicotine patch

Looks like a small bandage and is put on the skin. It slowly releases nicotine into your body through the skin.

The **nicotine patch** can help you stop smoking. Visit your doctor to get some, or call 311.

Quit

To stop doing something.

Quitting smoking improves your health and the health of your family.

Quit buddy

A good friend or partner who helps you to stop smoking.

Rishi was Sasha's **quit buddy**.

Secondhand smoke

The smoke that everyone else breathes in when someone smokes a cigarette.

Breathing in secondhand smoke is just as dangerous as smoking a cigarette yourself. Children need to be protected from **secondhand smoke**.

311

The free telephone number you can call for information about City services.

You can speak your language when you call **311**.

1-866-NY-QUITS (1-866-697-8487)

The free New York State quit smoking phone number.

1-866-NY-QUITS (1-866-697-8487) is the free hotline that you can call for information and help to quit smoking.

WE ARE NEW YORK

Learn English with our stories

**Watch all nine episodes on TV.
Read the study guides.
Join a group to practice your English.**



To get your free study guide
and to join a group, go to
www.nyc.gov/LearnEnglish



Michael R. Bloomberg
Mayor

Mayor's Office of
Adult Education

Anthony Tassi
Executive Director



The City
University
of
New York