

NICOTINE PATCH INSTRUCTIONS

尼古丁貼使用說明

CONTACT NEMS 聯絡東北: (415) 391-9686 (650) 550-3923 (408) 573-9686 WWW.NEMS.ORG

The following is a step-by-step instruction on how to use Nicotine Patch:

Step 1:

Find an area on your body that is dry, clean and hairless.



Step 4:

The patch can last for 24 hours. Remove the patch after 24 hours or before you go to bed if you don't feel comfortable sleeping with the patch on or if you are having vivid dreams or other sleep disturbances.



Step 2:

Cut packaging with scissor and remove Nicotine Patch.



Step 5:

Throw away the used patch by folding the sticky ends together. Wash your hands. Apply a new patch to a different location each day to prevent skin irritation.



Step 3:

Peel the patch and place it onto your skin either on your upper arm or on your back. Press the patch against your skin for 10 seconds. The patch will stay in place even when you are showering, bathing, or swimming.



If you have any questions or want help quitting smoking, please contact Health Education Department at 415-391-9686 extension 5843.

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。
Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional.
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以下是如何使用尼古丁貼的逐項說明:

步驟 1:

在你的身上尋找一個乾燥、乾淨、並沒有體毛的部位。



步驟 4:

尼古丁貼的效力可以持續 24 小時。你可以在使用尼古丁貼 24 小時之後將它摘除；如果你貼著尼古丁貼睡覺覺得不舒服，或者你會做惡夢或有其他睡眠障礙，你可以在睡覺前將它摘除。



步驟 2:

用剪刀剪開尼古丁貼的包裝袋、拿出尼古丁貼。



步驟 5:

把使用過的尼古丁貼的粘貼面對貼起來然後扔掉。洗手。在身體另一個部位貼一片新的尼古丁貼以防皮膚敏感。



步驟 3:

拆開尼古丁貼上的膠紙、把尼古丁貼貼在手臂上部或背上的皮膚。壓緊尼古丁貼 10 秒。即使在你洗澡、泡浴或游泳的時候，這片尼古丁貼都會貼緊在原來的位置。



如果你有任何問題或需要幫助戒煙，請致電 415-391-9686 內綫 5843，聯係健康教育部。

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