



Emperor Scorpion



African Black Mamba



Black Widow Spider



Cigarette



Peruvian Giant Centipede

### Which one is the deadliest killer?

Without a doubt, it's the cigarette. In the time it takes to read this ad, cigarettes will have killed another person. That's one death every 6.5 seconds — yet tobacco companies still make them addictive. Call the free California Smokers' Helpline today to quit smoking.

## 1-800-NO BUTTS

### Don't let Big Tobacco prey on you

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Call for FREE help to quit smoking or smokeless tobacco

English 1-800-NO-BUTTS  
Spanish 1-800-45-NO-FUME  
Mandarin & Cantonese 1-800-838-8917  
Vietnamese 1-800-778-8440  
Korean 1-800-556-5564  
Chewing Tobacco 1-800-844-CHEW  
Deaf/Hard of Hearing 1-800-933-4833

Call Today!  
7am - 9pm Monday - Friday  
& 9am - 1pm Saturday

[www.nobutts.org](http://www.nobutts.org)  
[www.projectuniform.org](http://www.projectuniform.org)

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#### QUIT TIPS:

*DRINK WATER, HAVE HEALTHY SNACKS  
AVAILABLE, GET ENOUGH REST  
EAT HEALTHY FOODS  
TAKE IT ONE DAY AT A TIME  
CONNECT WITH SUPPORTIVE PEOPLE*

*BREATHE DEEPLY, STAY BUSY  
TALK TO A TOBACCO CESSATION COUNSELOR ON  
THE PHONE OR IN YOUR COMMUNITY,  
CONSIDER USING MEDICATION TO HELP YOU  
QUIT, MAKE A PLAN FOR TRIGGERS*

*CLEAN OUT YOUR CAR OR AREA WHERE YOU  
USED TO USE TOBACCO, KEEP A LIST OF WHY YOU  
QUIT WITH YOU, IF A CRAVING COMES, COUNT  
TO TEN, KEEP YOUR HANDS BUSY, MEDITATE,  
DISTRACT AND DELAY UNTIL IT PASSES...  
NEVER GIVE UP!*