



You are smarter than they are.

The tobacco industry continues to promote and sell a product that prematurely kills 1 out of 2 regular smokers. Don't let them trap you with their lies and manipulation.

For free help quitting, call 1-800-NO-BUTTS

©2012, Department of Public Health. This material may not be reproduced or disseminated without prior written permission from the Department of Public Health.

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
www.projectuniform.org

©2012, Department of Public Health. This material may not be reproduced or disseminated without prior written permission from the Department of Public Health.

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!