



Tobacco Free Pledge

I pledge to be tobacco-free today, Virginia Quit Day!

I want to live a healthier life and take care of myself. I understand the health risks of tobacco products and will share them with others. I can be trusted to keep my pledge, because I value my life and those around me.

Furthermore, I promise:

- Not to allow smoking in my house.
- Not to allow smoking in my vehicle when children are riding along.

Signature: _____ Date _____

VDH VIRGINIA
DEPARTMENT
OF HEALTH
VDHLiveWell.com

1-800-QUIT NOW
1-800-784-8669

1-855-DEJELO-YA
1-855-335-3569

Quitnow.net/Virginia