



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 _____

Quitting is Hard, But We're Here To Help

1-800-QUIT NOW (1-800-784-8669)

Quitnow.net/Virginia