

Quit Now Services

Why are we concerned about people using tobacco?

People who use tobacco products have a higher risk of developing lung cancer, respiratory illnesses, and having low birth weight babies. According to the Centers for Disease Control and Prevention (CDC), smoking costs the U.S. about 225 billion dollars each year in medical costs.



Tobacco User Quitline

What resources are available to help me quit tobacco?

Quit Now Virginia provides free information and coaching, by telephone or online, to residents who want to quit smoking or using tobacco. Counseling is offered by trained Quit Coaches in combination with nicotine replacement therapy or medication prescribed by healthcare providers. This gives the participant the best chance of quitting successfully. Quit Now Virginia is:

- Available 24 hours a day/7 days a week
- Is for anyone age 13+ looking to quit tobacco or looking to help a loved one quit
- Available in Spanish and English with translation services for over 140 other languages
- Tailored for individuals and pregnant women
- Is free and confidential

How can I reach Quit Now Virginia?

- Online - QuitNow.net/Virginia
- Quitline phone -
English - 1-800-Quit-Now (1-800-784-8669)
Spanish - 1-855-DEJELO-YA (1-855-335-3569)
Deaf and Hard of Hearing Community - 1-877-777-6534

For more information: QuitNow.net/Virginia



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Health Whys

A public health message from

BlueRidgeHD.org

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VDH VIRGINIA
DEPARTMENT
OF HEALTH
*To protect the health and promote the
well-being of all people in Virginia.*