

Quit Now Virginia

What is Quit Now Virginia (QNV) and why is it important?

QNV provides free services to quit tobacco/nicotine use. Tobacco usage remains the most preventable cause of death and disease. Cigarette smoking accounts for more than 480,000 deaths per year in the U.S., including more than 41,000 deaths from secondhand smoke exposure. This is about one in five deaths annually, or 1,300 deaths daily, according to the Centers for Disease Control and Prevention (CDC).



Who can use QNV?

All Virginians ages 13 years and older. Friends and loved ones of tobacco/nicotine users can also call or visit the website for more information.

What free services does QNV provide?

- A quit coach to help create a personalized quit plan
- 5 counseling sessions
- 4 weeks of nicotine replacement therapy (NRT)
- Quitline & text support 24 hours a day, 7 days a week year-round

How do you sign up for services?

Call 1-800-QUIT NOW (1-800-784-8669), text READY to 34191, or visit QuitNowVirginia.org.

Are there resources available for teens?

Yes! VapeFreeVA.org offers free coaching, talking points, and resources for Support Circles (groups for adults who want to support a young person in quitting). Visit the website to learn about the risks of vaping and get tips for teens on how to quit for good.



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