

## 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.



### *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](http://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](http://QuitNow.net/Virginia)



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

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