



THREE Good Reasons to Call It Quits.

1 **QUALITY OF LIFE**
Live a Healthier, Longer Life.

2 **YOUR HEALTH**
Tobacco use causes cancer, heart disease, diabetes, chronic bronchitis, asthma, emphysema and many other health problems.

3 **THE COST**
The average smoker in Virginia spends \$2,050 a year on cigarettes or tobacco. Just take the money and **LIVE!**

GET READY.

GET SET.

QUIT NOW.

MAKE
LIFE
YOUR NEW
HABIT.

1-800-QUIT NOW

TAKE THE STEP
TO A
HEALTHIER LIFE

1-800-QUIT NOW
VIRGINIA

TOBACCO IS A STRONG ADDICTION.
BUT YOU ARE EVEN STRONGER.

FREE HELP IS JUST ONE STEP AWAY.



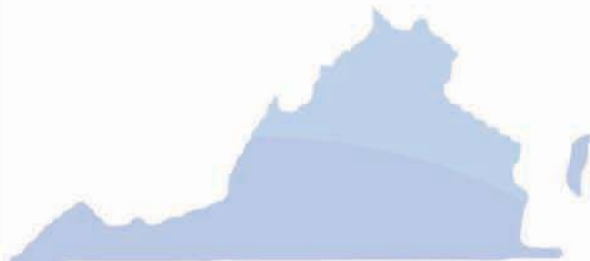
1-800-QUIT NOW
1-800-784-8669
VIRGINIA
QUITNOW.NET/VIRGINIA





1-800-QUIT NOW VIRGINIA

THE VIRGINIA TOBACCO QUITLINE IS A **FREE** SERVICE THAT HELPS VIRGINIANS QUIT SMOKING AND USING TOBACCO.



WHEN CAN I CALL?

Virginians can call toll free **24/7**
1-800-QUIT NOW or **1-800-784-8669**
www.QuitNow.net/Virginia

WHO CAN CALL?

All Virginians aged **13 AND OLDER** who want to quit using tobacco.

Specialized services provided for:

- Pregnant and perinatal smokers
- English and Spanish speaking Virginians
- Deaf and Hard-of-Hearing Community at TTY line **1.877.777.6534**

WHAT WILL YOU RECEIVE?

- ✓ Free expert counseling from a trained Quit Coach
- ✓ Free personalized quit plan
- ✓ Free Self-Help Materials

DOES IT WORK?

YES! Quitline callers are **FIVE TIMES** more likely to succeed than those who try to quit on their own. More than 24,000 Virginians have been helped by the Quitline.

QUIT NOW. FEEL THE DIFFERENCE. LIVE!

Improvements in your health begin within minutes of quitting, even if you have used tobacco for years.

- 20 MINUTES** Blood pressure and pulse rate decrease
- 12 HOURS** Carbon monoxide and oxygen levels in blood return to normal
- 24 HOURS** Chance of heart attack decreases
- 48 HOURS** Better sense of smell and taste
- 2-3 WEEKS** Circulation improves and lung function increases
- 1-9 MONTHS** Coughing, sinus, congestion, fatigue and shortness of breath decrease
- 1 YEAR** The likelihood of a heart attack is cut in half of that of a smoker



FREE HELP IS A PHONE CALL AWAY!

If you are ready, our **FREE** support will never quit!

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VIRGINIA

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