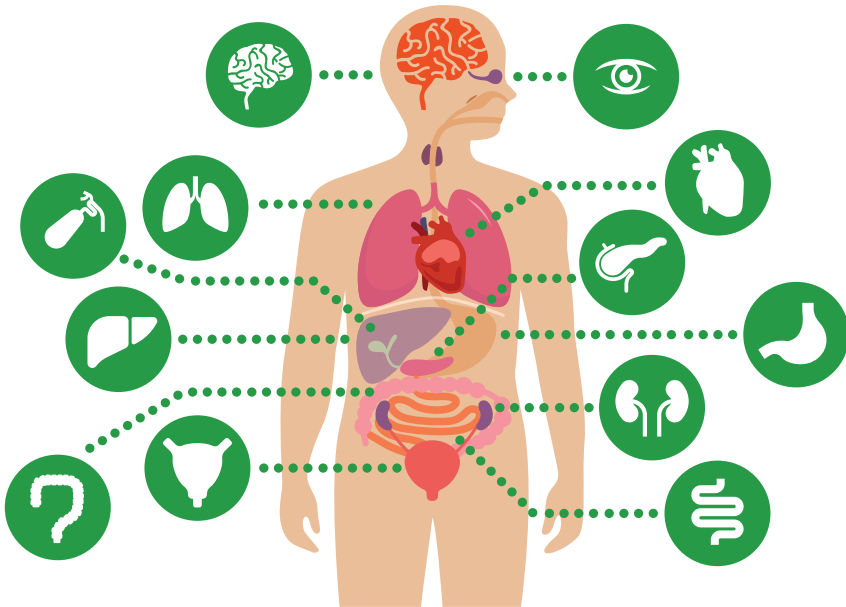


YOUR QUIT JOURNEY STARTS TODAY.

A personal coach is ready to help you stop smoking and vaping now.

Your Success. OUR SUPPORT.

Quit Now Virginia is a program designed to help you stop smoking or vaping. And it's free. Offered 24/7, it's available for as long as it takes to quit.



Tobacco and nicotine use negatively affects every organ in your body.



Reach out today, for all the help you need to stop smoking.

VDH VIRGINIA
DEPARTMENT
OF HEALTH
Tobacco Control Program

**Call 1-800-Quit Now
(1-800-784-8669)**

**Connect online at
QuitNowVirginia.org**

Text READY to 21586

Immediate Relief

When you stop smoking, your body stops working overtime as it tries to keep up normal function. You feel better almost immediately.

48 hours

Sense of taste and smell return

2-3 weeks

Walking becomes easier as lungs improve

Improved Health

No matter your age or how long you've smoked, once you stop, you reduce your risk of cancer, heart disease, COPD and diabetes. Studies have also shown a tobacco free lifestyle improves your mental health.

After 9 months

Coughing and shortness of breath subside

After 1 year

Risk of coronary heart disease is cut in half

After 5 years

Risk of stroke equals that of a non-smoker

Quit Now
Virginia