



GET READY.

GET SET.

QUIT NOW.

**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!**

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

**VDH** VIRGINIA  
DEPARTMENT  
OF HEALTH

VDHLiveWell.com/tobacco

HL18 | 10-2017





# 1-800-QUIT NOW

## VIRGINIA

[WWW.QUITNOW.NET/VIRGINIA](http://WWW.QUITNOW.NET/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](http://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.

<b>20 MINUTES</b>	Blood pressure and pulse rate decrease
<b>12 HOURS</b>	Carbon monoxide and oxygen levels in blood return to normal
<b>24 HOURS</b>	Chance of heart attack decreases
<b>48 HOURS</b>	Better sense of smell and taste
<b>2-3 WEEKS</b>	Circulation improves and lung function increases
<b>1-9 MONTHS</b>	Coughing, sinus, congestion, fatigue and shortness of breath decrease
<b>1 YEAR</b>	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!

# 1-800-QUIT NOW

# 1-800-784-8669

[QUITNOW.NET/VIRGINIA](http://QUITNOW.NET/VIRGINIA)