



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!**

1-800-QUIT NOW

1-800-784-8669

VIRGINIA

QUITNOW.NET/VIRGINIA

GET READY.

GET SET.

QUIT NOW.

MAKE
LIFE
YOUR NEW
HABIT.

1-800-QUIT NOW

VDH VIRGINIA
DEPARTMENT
OF HEALTH

VDHLiveWell.com/tobacco

HL18 | 10-2017

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.



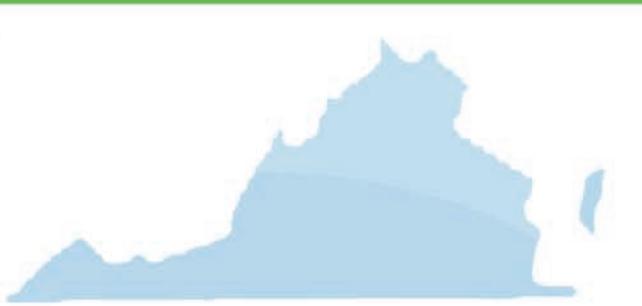


1-800-QUIT NOW

VIRGINIA

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

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

1-800-QUIT NOW

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.

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

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!