

Be tobacco free

FACT: Nearly half a million people in the U.S. die prematurely from tobacco use each year.



The sooner you give up tobacco the more your health and finances will benefit.

Nicotine is highly addictive. It's not easy to quit using tobacco.

Ask your health care provider about prescribed medication which may help you be tobacco free.



Use an over-the-counter nicotine replacement product such as a patch, lozenge, or gum.



Get help from smokefree.gov and 1.877.44U.QUIT.

If at first you do not succeed, try, try again.

