

YOUR BUILDING IS SMOKEFREE.... HOW ABOUT YOU?

Quitting smoking improves your health.
It lowers your chances of getting:

- Heart disease and stroke
- Cancer
- Lung disease, including COPD
- Other smoking-related illnesses

“You have the power to make the decision to quit smoking. Some of the best things for me about quitting are enjoying food again, and being able to walk and not feel so out of breath.”

Tiffany

*Smoked a pack a day for 15 years.
Now ... smokefree.*



Secondhand smoke contains poisons.

Breathing even a little can be harmful, especially for kids, older people, and those with health problems made worse by secondhand smoke. Smokefree policies protect everyone's health.

**GET FREE
SUPPORT
TO QUIT
SMOKING.**



**1-800-QUIT-NOW
(1-800-784-8669)**
Speak with a quit
smoking coach

**1-855-DÉJELO-YA
(1-855-335-3569)**
For help in Spanish



Smokefree.gov
Online tools
and support to
quit smoking



SmokefreeTXT
Text START to 47848
24/7 text messaging
program



QuitGuide
Mobile app to build
your skills to quit



Visit [CDC.gov/tips](https://www.cdc.gov/tips) for real stories and resources from the *Tips From Former Smokers*® campaign.

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