

THERE'S NEVER BEEN A MORE IMPORTANT TIME TO QUIT TOBACCO



Smoking can cause a higher risk of **getting lung and chest infections**, and using e-cigarettes can increase your odds of developing respiratory disease by 95%.



The Great American Smokeout is your opportunity to **beat tobacco** addiction.

WITH THE RIGHT TOOLS, YOU CAN QUIT FOR GOOD



Counseling and medication can both help you quit smoking, and using them together is more effective than using either one alone.



Find out what your health insurance covers, or **use Tobacco Free Florida's free tools and services** regardless of whether you have insurance.



QUIT **YOUR WAY**



PHONE QUIT



GROUP QUIT



WEB QUIT



MORE QUIT TOOLS

1-877-U-CAN-NOW | 1-877-822-6669
tobaccofreeflorida.com/quityourway

