

Kentucky's Tobacco Quitline is a FREE telephone service that helps Kentuckians quit smoking and using tobacco products.



Many people who use tobacco want to quit. By calling Kentucky's Tobacco Quitline, you are one-step closer to becoming tobacco free.

#### WHO CAN CALL?

Kentuckians who want to stop using tobacco OR are concerned about a family member or friend's tobacco use.

#### WHEN CAN I CALL?

Kentuckians can call **1-800-QUIT-NOW** (1-800-784-8669) from 7 a.m. to 12 p.m. (CST) Monday through Sunday. 24-hour voice mail and recorded QuitFacts are also available after hours.

#### WHAT HAPPENS WHEN I CALL?

When you call Kentucky's Tobacco Quitline you'll receive FREE:

- Support and advice from an experienced quit specialist
- A personalized quit program with self-help materials
- The latest information about the medications that can help you quit

#### DOES IT WORK? YES.

Quitline callers are more likely to succeed than those who try to quit on their own.

#### THREE GOOD REASONS TO CALL IT QUILTS:

- Your Family – Live a healthier, longer life and watch your family grow.
- Your Health – Tobacco use causes cancer, heart disease, chronic bronchitis, emphysema and asthma attacks—to name just a few health risks of tobacco use.
- The Cost – The average smoker spends \$500 to \$3,000 a year on cigarettes a year. Tobacco use is costly to your health and your cash flow.

#### PLEASE CALL:

- If you smoke and want to stop
- If you use spit tobacco and want to stop
- If you are pregnant, use tobacco and want to stop.
- If you want to help someone you care about stop using tobacco

All services are available in English and Spanish with quitline coaches. Translation service for other languages is available, free of charge, through a translation service at the time of your call. For the deaf and hard of hearing community TTY: 888-229-2182.