

# 1-800-QUIT NOW

All services available in English and Spanish. Translation service available, free of charge, for additional language needs. For the deaf and hard of hearing community TDY/TDD: (800) 969-1393

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

**M**any people who use tobacco want to quit. By calling Kentucky's Tobacco Quit Line, 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 1-800-784-8669 from 9 a.m. to 9 p.m. (EST) Monday through Friday. (24-hour voice mail, we'll call you back)

## WHAT HAPPENS WHEN I CALL?

When you call Kentucky's Tobacco Quit Line, 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.

Quit Line callers are twice as 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. They need you.
- Your Health – Tobacco use causes cancer, heart disease, chronic bronchitis, emphysema and asthma attacks — to name a few.
- The Cost – The average smoker spends \$500 to \$3,000 a year on cigarettes. It's costly in more ways than one.

## DID YOU KNOW?

- There is NO safe level of secondhand smoke.
- When you are around a person who is smoking, you inhale the same dangerous chemicals as he or she does.
- Separate "no smoking" sections do NOT protect you from secondhand smoke.

## WHAT CAN YOU DO?

- Make your home and car smoke-free.
- Ask people not to smoke around you or your children.
- If you want to encourage someone you care about to stop using tobacco, call the Quit Line for information that can help.

## Please Call:

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

**K**entucky Tobacco  
Quit Line   
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