Smoking

Action Plan

☐ If you’re ready, quit smoking – it’s one of the most important things you can do for your health and your family’s health.

☐ Call the National quitline:
  ▪ 1-800-QUIT-NOW (1-800-784-8669)

☐ Visit your doctor for treatment options.

☐ Talk to your children about smoking or vaping. 90% of smokers start before their 18th birthday.

☐ If you are not a smoker, avoid e-cigarettes, which contain nicotine and can lead to addiction.

Did you know?
Tobacco use is the #1 cause of death and disability in the US.
Resources

National Quitline: 1-800-QUIT-NOW

For more information visit:

https://doh.vi.gov/

https://icahn.mssm.edu/research/pehsu/us-virgin-islands-puerto-rico/spanish