

QUIT TOBACCO

SMOKEFREE
oregon

PUBLIC HEALTH WARNING: STOP USING VAPING PRODUCTS

The Oregon Health Authority urges Oregonians to stop using all vaping products until federal and state officials have determined the cause of serious lung injuries and deaths linked to the use of both cannabis and nicotine vaping products.

Individuals who have recently vaped and are having difficulty breathing should seek medical attention immediately. No vaping products should be considered safe. Switching to cigarettes or other combustible products is not a safer option.

If you or someone you know smokes or vapes, we urge you to quit now. Free, immediate help is available from the following resources:

- 1-800-QUIT-NOW (1-800-784-8669), www.quitnow.net/Oregon
- Español: 1-855-DEJELO-YA (1-855-335356-92), www.quitnow.net/oregonsp/.
- www.thisisquitting.com or text DITCHJUUL to 88709 (text-based quit resource for youth)

CHOOSE SUPPORT THAT'S RIGHT FOR YOU

Quitting is different for everyone. That's why we offer a variety of options, all free of cost. You can combine counseling and medicine to help you quit for good.



Counseling to Quit: You can have multiple counseling sessions as you work toward quitting. And you can try more than one type of counseling, too.



One-on-One Quit: Personalized support from your doctor or healthcare provider.



Phone Quit: Support by phone from the comfort of your home. You can even sign up for supportive text messages.



Group Quit: Support from a trained quit coach in a group setting, with other people who are trying to quit.



Web Quit: Custom support through a computer or smartphone. It's available any time, any place.



Medicine to Quit: Medicine is a safe way to reduce cravings and symptoms while you quit. Many options are available for free, including patches and gum.

FACTS ABOUT QUITTING

Health from head to toe

Quitting tobacco lowers your risk of heart attack, stroke and some cancers.

Protect your loved ones

Quitting protects the people around you—especially kids and babies—from colds, asthma attacks and more.

Counseling + medicine = success!

When you combine counseling and medicine, you're 2 times more likely to quit for good.

Support is available to quit any type of tobacco, including cigarettes, cigars, chewing tobacco, e-cigarettes and more.

TALK TO YOUR DOCTOR TODAY TO QUIT TOBACCO FOR GOOD!

Visit QUITNOW.NET/OREGON or call 1-800-QUIT-NOW (1-800-784-8669).