



Supporting someone to quit is an act of care.

Here are some of the benefits of quitting tobacco:



Ability
to breathe
better



Increased
blood flow
and circulation



Reduced risk of
pressure sores



Reduced risk
of heart attack,
stroke and cancer



Potential savings
of more than
\$3,000 a year



Less
second-hand
smoke

Call the Oregon Tobacco Quit Line today:
1-800-QUIT-NOW (1-800-784-8669)

- En Español: **1-855-DEJELO-YA (1-855-335356-92)**
- Native Quit Line: **1-800-QUIT-NOW (1-800-784-8669)**, then press "7"
- If you are deaf or hard of hearing, call **1-877-777-6534** or use a relay service to connect with **1-800-QUIT-NOW**



SMOKEFREE
oregon