



Live Tobacco Free.

When you quit tobacco:



Your lungs
can breathe
in more air



Your blood
can flow
better



You save
more money

You can get free help to quit smoking, vaping or other tobacco.

Call the Oregon Tobacco Quit Line today to get **FREE** help:
1-800-QUIT-NOW (1-800-784-8669)



If you are deaf or hard of hearing, you can
call **1-877-777-6534** or use a relay service
to connect with **1-800-QUIT-NOW**

SMOKEFREE
oregon