YOUR BUILDING IS SMOKEFREE… HOW ABOUT YOU?

Quitting smoking improves your health. It lowers your chances of getting:

- **Heart disease and stroke**
- **Cancer**
- **Lung disease, including COPD**
- **Other smoking-related illnesses**

"You have the power to make the decision to quit smoking. Some of the best things for me about quitting are enjoying food again, and being able to walk and not feel so out of breath."

Tiffany

Smoked a pack a day for 15 years.
Now … smokefree.

Secondhand smoke contains poisons.

Breathing even a little can be harmful, especially for kids, older people, and those with health problems made worse by secondhand smoke. Smokefree policies protect everyone's health.

GET FREE SUPPORT TO QUIT SMOKING.

1-800-QUIT-NOW
(1-800-784-8669)
Speak with a quit smoking coach

1-855-DÉJELO-YA
(1-855-335-3569)
For help in Spanish

Smokefree.gov
Online tools and support to quit smoking

SmokefreeTXT
Text START to 47848
24/7 text messaging program

QuitGuide
Mobile app to build your skills to quit

Download on the App Store

GET IT ON Google Play

Visit CDC.gov/tips for real stories and resources from the *Tips From Former Smokers*® campaign.

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