



Smoking

Did you know?

Tobacco use is the # 1 cause of death and disability in the US.

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 NYS Quitline at 1-866-NY-QUITS.
 - Visit nysmokefree.com
 - 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.

[more](#) →

Resources

NYS Quit line: 1-866-NY-QUITS

For information on smoke-free programs and low-cost nicotine replacement therapy, visit nysmokefree.com

For more information, visit nyscheck.org/rxs

