



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](#) →

NYSCHECK.ORG

Resources

NYS Quit line: 1-866-NY-QUITS

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

To see if you qualify for Roswell Park Cessation Services, visit rpcs.roswellpark.org

For local community education and resources, visit tobaccofreewny.com

For more information, visit nyscheck.org/rxs

