



Smoking

Did you know?

Tobacco use is the # 1 preventable cause of death and disability in the U.S.

Action Plan

- Quitting smoking is one of the most important things you can do for your health and your family's health.
- If you're ready, quit!
 - Call the NY State Quitline at 1-866-NY-QUITS.
 - Visit nysmokefree.com
 - Talk to your doctor for treatment options.
- 90% of smokers start before their 18th birthday. Talk to your children about never starting to smoke or vape.
- If you are not a smoker, avoid cigarettes and e-cigarettes, which contain nicotine and can lead to addiction.

[more](#) →

Resources

NY State 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



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