



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.
- 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](#) →

Signature _____

Date _____

Resources

For tools and tips to quit smoking, visit smokefree.gov

For local resources to help you quit smoking:

New York City	Visit nyc.gov and search "NYC quits" Smoking and Vaping Cessation programs in NYC: visit nyc.gov and search "guide to smoking cessation programs"
New York State	Visit nysmokefree.com or call 1-866-NY-QUITS
New Jersey	Visit njquitline.org or call 1-866-NJ- STOPS
Puerto Rico	Visit dejaloyapr.salud.gov.pr or call 1-877-335-2567
U.S. Virgin Islands	Visit smokefree.gov or call 1-800-QUIT-NOW

For more information, visit icahn.mssm.edu/research/pehsu/information