



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 for information on smoke-free programs and low-cost nicotine replacement therapy.
 - 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

For free text messaging services that provide encouragement and tips for becoming smoke-free and leading a healthier lifestyle: smokefree.gov (under "Tools and Tips," click "Smokefree Texting Program")

For local information related to tobacco use and smoking cessation: tobaccofreeactioncommunities.org (click "Resource Guide" in the right-handed column)

hudson211.org (under "search," click "Mental Health/Substance Abuse and "Looking for information on addiction prevention")

Dutchess County	dutchessny.gov (click "Document search" in the dropdown and search "Tobacco")
Orange County	orangecountygov.com (search "Tobacco Use Prevention")
Putnam County	putnamcountyny.com (search "Free Smoking Cessation Offered in Putnam")
Rockland County	rocklandgov.com/health (click "A-Z index" and go to "Tobacco Use Prevention")
Ulster County	ulstercountyny.gov/health (click "Quit Smoking Today" in the left-handed column)
Westchester County	health.westchestergov.com/tobacco

For more information visit: nyscheck.org/rxs

To request an environmental telehealth consultation with one of the experts at the Children's Environmental Health Center of the Hudson Valley, please call 914-493-7585.

