



Smoking

Did you know?

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

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
or visit www.nysmokefree.com
or 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: www.nysmokefree.com

For more information visit: nyscheck.org/rx

