

ONE MORE WAY
SMOKING CAN

Kill You



GET HELP QUITTING

Call the Washington Tobacco Quit Line

1-877-270-STOP TOLL FREE
(7867)



www.quitline.com

READY TO QUIT?

See yourself doing something besides using tobacco when you have an urge. Then put your idea in motion.

REMEMBER, cravings or urges usually pass in 3-5 minutes if you take action. You can handle any urge by taking it one step at a time. Use the 4 D's:

- D**o something different
- D**eep breathing
- D**istract yourself
- D**rink water

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877-270-STOP

toll-free

7 8 6 7

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