

**If you smoke**, quitting is the most important thing you can do for your health.

**If you vape** (use e-cigarettes), quitting can protect your lung health.

Quitting will also help you save money and protect family and friends from secondhand smoke or aerosol.



- To **talk to a quit coach**, visit the New York State Smokers' Quitline at [nysmokefree.com](http://nysmokefree.com) or call 866-NY-QUITS (866-697-8487). Most adults will qualify for a **free starter kit of nicotine medications**, such as patches and lozenges.



- If your preferred language is Chinese (800-838-8917), Korean (800-556-5564) or Vietnamese (800-778-8440), call the Asian Smokers' Quitline, Monday to Friday, from 10 a.m. to midnight, or visit [asiansmokersquitline.org](http://asiansmokersquitline.org).
- Teens and young adults (ages 13 to 24) can text **DROPTHEVAPE** to 88709 to join Truth Initiative's This is Quitting, a free, confidential text message program specially designed to help them quit vaping and stay vape-free. Learn more, including about family support programs, at [truthinitiative.org/about-this-is-quitting](http://truthinitiative.org/about-this-is-quitting).



Secondhand smoke is harmful and living with it can be hard. To learn about secondhand smoke and rules for buildings in NYC, visit [nyc.gov/health](http://nyc.gov/health) and search for **smoke-free housing**.

**If you know someone who smokes or vapes**,

ask them if there is anything they want to change about it.

No matter what their goals are, there is support available.



- **If they are ready to quit**, share the resources in this brochure with them.
- **If they are not ready to quit**, treatment options are still available, especially if they are trying to cut back or stay smoke-free where smoking is not allowed. Visit [nyc.gov/health](http://nyc.gov/health) and search for **nicotine withdrawal**.

For more information, including local programs and resources, visit [nyc.gov/nycquits](http://nyc.gov/nycquits), scan the QR code or call **311**.

