

DON'T QUIT ON YOURSELF. DON'T QUIT BY YOURSELF.

Quit tobacco with the **FREE** resources
and support you need.
24 hours a day. 7 days a week.

Eligible participants will receive 2 weeks of
patches or gum. Even more support for youth, people
with behavioral health issues and pregnant people.



Scan this QR
code with your
smartphone
camera
to learn more.

call **1.800.QUIT.NOW**
text **READY** to **34191**
visit **quitwithusla.org**

This document was published for the Louisiana Department of Health to provide education on tobacco cessation. This material was printed in accordance with standards for printing by State Agencies established in R.S. 43.31. Printing of this material was purchased in accordance with the provisions of Title 43 of the Louisiana Revised Statutes.

QUIT
WITH US, LA
— LIVE LIFE —
TOBACCO - FREE