



**Smoking  
increases your  
risk of respiratory  
infections.**



Keep your lungs healthy by not smoking tobacco or vaping

**CALL 1.800.QUIT.NOW**  
for **FREE** help to quit



**1-800-QUIT-NOW**  
1 - 8 0 0 - 7 8 4 - 8 6 6 9

Se Habla Español  
1-855-Déjelo-Ya

[www.quitlinenc.com](http://www.quitlinenc.com)



NC Department of Health and Human Services • Division of Public Health • Tobacco Prevention & Control Branch • [www.tobaccopreventionandcontrol.ncdhhs.gov](http://www.tobaccopreventionandcontrol.ncdhhs.gov) • NCDHHS is an equal opportunity employer and provider. 8/20

SOURCE: CDC OFFICE ON SMOKING & HEALTH