

Tobacco Free Nebraska

Quitline/Cessation

Link to current TV ads: http://dhhs.ne.gov/publichealth/Pages/tfn_ces_qlmedia.aspx

Print/Out-of-Home/Online:



**A Pack-a-Day Smoker Spends
\$1,752 a Year on Cigarettes.**

What's tobacco costing you?

QuitNow.ne.gov | 1-800-Quit-Now
Nebraska Department of Health & Human Services • Division of Public Health



**La persona que fuma un
paquete de cigarrillos
diariamente gasta
\$1,752 cada año.**

¿Cuánto le está costando el tabaco?

QuitNow.ne.gov | 1-800-Quit-Now
Departamento de Salud y Servicios Humanos de Nebraska • Sección de Salud Pública

Tough, yes. Impossible, no. Talk with your doctor about how to quit tobacco.

QuitNow.ne.gov | 1-800-QUIT-NOW

Tobacco Free Nebraska
Nebraska Department of Health and Human Services • Division of Public Health

Approximately 70% of adult smokers want to quit.*

Talk with your
patients about
quitting tobacco.



Three minutes of your time
could add years to their lives.

Nebraska Tobacco Quitline

QuitNow.ne.gov | 1-800-QUIT-NOW (784-8669)

Tobacco Free Nebraska • Nebraska Department of Health & Human Services • Division of Public Health

*U.S. Centers for Disease Control & Prevention (CDC)

Quitting tobacco just got a little easier.

Get your
FREE QUIT KIT
today!

Text **IMReady** to **39649** to receive your quit kit
and start living tobacco-free.

While supplies last. Standard texting rates apply.

For more support and information, visit QuitNow.ne.gov.

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FREE Quit Spit Kit

**Thinking about quitting?
We can make it
easier.**

Text "IMReady" to 39649 for your FREE Quit Spit Kit.

For tools and information that can help
you quit tobacco, visit QuitNow.ne.gov

While supplies last. Standard texting rates apply.

**Kit includes a toothbrush,
toothpaste, floss and more!**

Tobacco Free Nebraska

Nebraska Department of Health & Human Services - Division of Public Health

Smokeless Tobacco



Tobacco brands you.
You're in Control—Choose Not to Chew

**TOBACCO
FREE
NEBRASKA**
For a great state of health.

Nebraska Department of Health & Human Services
Division of Public Health



**Tobacco
brands you.**
You're in Control—
Choose Not to Chew

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Secondhand Smoke

Link to current TV ads: <http://youtu.be/qI36l7qVMh0> and <http://youtu.be/niJ7TPFqRBg>

