



**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

**QuitlineNC**

1-800-QUIT-NOW • 1-800-784-8669

ES 1-855-Déjelo-Ya • 1-855-335-3569

www.quitlinenc.com

Text READY to 200-400  
to enroll via text

@QuitlineNC



NC DEPARTMENT OF  
HEALTH AND  
HUMAN SERVICES



Division of Public Health • Tobacco Prevention & Control Branch •  
www.tobaccopreventionandcontrol.ncdhhs.gov • NCDHHS is an  
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SOURCE: CDC OFFICE ON SMOKING & HEALTH