

# WHEN YOUR BUILDING GOES SMOKEFREE, WILL YOU?

Quitting smoking improves your health. It lowers your chances of getting:

- Heart disease and stroke
- Cancer
- Lung disease, including COPD
- Other smoking-related illnesses

“You have the power to make the decision to quit smoking. Some of the best things for me about quitting are enjoying food again, and being able to walk and not feel so out of breath.”

## Tiffany

*Smoked a pack a day for 15 years.  
Now ... smokefree.*



## Secondhand smoke contains poisons.

Breathing even a little can be harmful; especially for kids, older people, and those with health problems made worse by secondhand smoke. Smokefree policies protect everyone's health.

**GET FREE  
SUPPORT  
TO QUIT  
SMOKING.**



**1-800-QUIT-NOW  
(1-800-784-8669)**  
Speak with a quit  
smoking coach

**1-855-DÉJELO-YA  
(1-855-335-3569)**  
For help in Spanish



**Smokefree.gov**  
Online tools  
and support to  
quit smoking



**SmokefreeTXT**  
**Text QUIT to 47848**  
24/7 text messaging  
program



**QuitGuide**  
Mobile app to build  
your skills to quit



Visit [CDC.gov/tips](https://www.cdc.gov/tips) for real stories and resources from the *Tips From Former Smokers™* campaign.