



Smoking

Did you know?

Tobacco use is the # 1 cause of death and disability in the US.

Action Plan

- If you're ready, quit smoking - it's one of the most important things you can do for your health and your family's health.
 - Call the National quitline:
 - 1-800-QUIT-NOW (1-800-784-8669)
 - Visit your doctor for treatment options.
- Talk to your children about smoking or vaping. 90% of smokers start before their 18th birthday.
- If you are not a smoker, avoid e-cigarettes, which contain nicotine and can lead to addiction.

[more](#) →

Resources

National Quitline: 1-800-QUIT-NOW

For more information visit:

<https://doh.vi.gov/>

<https://icahn.mssm.edu/research/pehsu/us-virgin-islands-puerto-rico/spanish>

Version: April 2020