

**No tobacco products (including e-cigarettes) are safe to use.**

Most tobacco users want to quit, or at least significantly cut down use.

# We want to help you!

**Nicotine medications** can help to dull cravings for tobacco and are proven to help people quit.

Ask us how to get **FREE** nicotine medications to help you quit now.

## **ADDITIONAL RESOURCES**

- (1-800-QUIT-NOW)
- [TakingTexasTobaccoFree.com](http://TakingTexasTobaccoFree.com)
- [SmokeFree.gov](http://SmokeFree.gov)