

Worried about COVID-19?

Quitting tobacco use can help and you don't have to do it alone.



Tobacco users are more likely to face increased risk of developing a serious infection from the coronavirus, but can reduce the risk of a serious COVID-19 illness by quitting.

NY State Smokers' Quitline

The New York State Smokers' Quitline (1-866-NY-QUITS) provides free and confidential evidence-based cessation services to New York residents who want to stop tobacco use. The Quitline offers:



- Telephone coaching in English and Spanish. Translations through a Certified Language Line are available for other languages.
- A starter kit of FREE nicotine replacement medications for eligible tobacco users, including those using electronic products.
- Quit Coaches for free cessation support and assistance with developing individualized quit smoking plans.
- NRT coverage for at least two quit smoking attempts per year (subject to availability).
- Downloadable materials include:
 - Break Loose: Facts & Tips to help you stop smoking
 - Break Loose: Pocket size
 - Staying Tobacco-free
- **Online support at NYSmokeFree.com**
NYSmokeFree.com offers comprehensive information and guidance on how to quit and stay quit including how to make a quit plan, deciding what medications are right for you, strategies for managing triggers and urges, building your own quit kit and dealing with slip-ups and relapses.



Virtual Butt Stops Here Support Group

A 7 week FREE online group tobacco cessation program, a collaborative public health initiative of St. Peter's Health Partners.

Group 1: Tuesdays, 12noon **starting April 28**

Group 2: Thursdays, 7pm **starting April 30**

Pre-register through:

<https://www.surveymonkey.com/r/VirtualBSH2020>

Quit Vaping Help for New York Teens and Young Adults

This innovative, free text message program was created with input from teens, college students, and young adults who have attempted to, or successfully, quit vaping.

To access help, text

"DropTheVape" to 88709.

Talk with your doctor.

Cigarettes and other products containing nicotine are designed to be addictive – getting cessation support can help. Your healthcare provider is the best person to talk with about your quitting process.

Ask about which stop-smoking medications and dosage are right for you. Your provider can give you a prescription for the medications. Most stop-smoking medications will be covered by your health plan.

Compiled by :



Capital District
**Tobacco-Free
Communities**