

Quit for you.
Quit for them.



**Don't let tobacco take you
away from your family.**

- After quitting smoking for a year, the chance of a heart attack decreases by 50%.
- Quitting smoking before the age of 40 reduces the chances of dying from smoking-related diseases by 90%.

**Alaska's Tobacco Quit Line can help navigate the
challenges of quitting and staying quit.**

ALASKA'S
TOBACCO
QUIT LINE
1-800-QUIT-NOW

Call 1-800-QUIT-NOW (784-8669)
Text **READY** to 34191
Visit AlaskaQuitLine.com

