

**Are you ready to quit?
For free?**

1-800-QUIT-NOW
(1-800-784-8669)

1-877-777-6534 TTY

WiQuitLine.org

Available

24/7

Translators are available
for most languages.

The Quit Line offers free:

- Medications.
- Coaching on how to quit.
- Self-help materials.
- Referrals to local programs
to help you quit smoking
or chewing.
- Follow-up support.

**When you're ready to quit,
we're ready to help.**

W I S C O N S I N T O B A C C O
QuitLine
800-QUIT-NOW

**Koj puas npaj txhij
txiav luam yeeb?
Txiav dawb tsis
them nyiaj?**

1-800-784-8669

**Cov xoob moos Hu Tuaj
Txiav Luam Yeeb:
Muaj kev pab tas hnub
24/7**

**Tus Xov Tooj Pab
Txiav Luam Yeeb
muaj cov kev pab
dawb li no:**

- Tshuaj noj.
- Kev pab tswm yim tias txiav li cas.
- Ntaub ntawv pab hus tus kheej.
- Kev muab faj rau cov kev pab hauv zej zos los pab koj txiav kev haus thiab ntsuas luam yeeb.
- Kev pab txhawb kev soj qab taug lw.

**Thaum koj npaj
txiav luam yeeb lawm,
peb yeej npaj
los pab koj.**

X E E V W I S C O N S I N

**KevPabTxiav
Luam Yeeb**

**1-800-784-8669
(XOV TOOJ HU DAWB)**

November 2014