

THAT'S TOXIC.

COMMIT TO THE QUIT.

**VAPING | SMOKELESS TOBACCO
NICOTINE POUCHES | SMOKING**

Ready to kick the habit? Standing up for your health and your good habits is up to you, but you don't have to do it alone. Whether you, your friends or your family are vape or tobacco users, the South Dakota QuitLine is here to help.



PUT ME IN, COACH

QUITTING YOUR HABIT CAN BE A TEAM SPORT. GET A COACH TO HELP THROUGH ENHANCED COACHING OR HYBRID TEXT COACHING.

COACHING INCLUDES:

- PERSONALIZED COACHING
- VARYING AMOUNTS OF PRESCRIPTION MEDICATION OR NRT*
- STEP-BY-STEP, INTERACTIVE QUIT GUIDE

I'M A LONE WOLF

QUITTING DOESN'T HAVE TO BE SOLD TURKEY. QUIT ON YOUR OWN WITH A KICKSTART KIT OR QUIT GUIDE.

THESE OPTIONS INCLUDE:

- TOOLS AND TIPS TO HELP YOU QUIT
- STEP-BY-STEP, INTERACTIVE QUIT GUIDE
- NRT WITH KIT*

THINK YOU KNOW WHAT'S IN A VAPE PEN? THINK AGAIN.

Find out at vapingsucks.tv

*Any medications and nicotine replacement therapy options vary based on your age and program. Prescription medications require a prescription from a provider. Clinic costs may apply but the prescription itself is free with enrollment.

Paid for by the South Dakota Department of Health.

SOUTH DAKOTA
QUITLINE