



SMOKEFREE
oregon

“When I decided to quit tobacco, the **Quit Line helped me** make a plan and stay strong.”

When you're ready to quit tobacco, the Oregon Tobacco Quit Line can help.

It's **free** and available to all Oregonians regardless of income or insurance status.

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- The Quit Line is open 7 days a week 5:00 am to 12:00 am. To reach it:
 - Call: 1-800-QUIT-NOW (1-800-784-8669)
 - Call: Español: 1-877-2NO-FUME (1-877-266-3863)
 - Register online:
www.quitnow.net/Oregon

You can quit. We can help.

The Oregon Tobacco Quit Line is:

- **Free** and offers one-on-one telephone counseling
- For **all Oregonians** regardless of income or insurance
- Staffed by **real people** who are friendly
- Available in many **languages**

When you call or chat online:

- Connect with a real coach to get help making **your own** quitting plan
- Get tips to **beat that urge** to smoke or chew
- Learn if you are **eligible for free nicotine gum** or **patches**

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