

TV Screen



☒ **GET VACCINATED**

☐ **QUIT SMOKING**

It's no secret that times are hard,
but you don't have to do this alone.
Free help is available.

 1-800-QUIT-NOW (1-800-784-8669)
 TEXT "READY" TO 200-400
 QUITNOW.NET/OREGON


SMOKEFREE
oregon

Signs



**Ready to COVID Quit?
Text “READY” to 200-400
for Free Help to Quit
Smoking or Vaping.**

**SMOKEFREE
oregon**



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Posters



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Palm Cards

 <p>Protect your health.</p> <p>Try these tips to quit smoking or vaping.</p>	<p>TRY THESE TIPS TO GET THROUGH A CRAVING:</p> <table><tr><td>Take slow, deep breaths.</td><td>Calculate how much money you'll save (\$8 per pack x packs per day x 365 days a year)</td></tr><tr><td>List your reasons for quitting:</td><td></td></tr><tr><td>_____</td><td>_____</td></tr><tr><td>_____</td><td>_____</td></tr><tr><td>_____</td><td>_____</td></tr><tr><td>_____</td><td>_____</td></tr><tr><td>_____</td><td>_____</td></tr><tr><td>_____</td><td>_____</td></tr></table> <p>You don't have to do this alone. For more information, resources and support, visit: smokefreeoregon.com/QUIT.</p> <p>YOU CAN DO THIS.</p>	Take slow, deep breaths.	Calculate how much money you'll save (\$8 per pack x packs per day x 365 days a year)	List your reasons for quitting:		_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	<p>FREE HELP IS AVAILABLE.</p> <table><tr><td>📞 1-800-QUIT-NOW (1-800-784-8669) 💬 text "READY" to 200-400</td><td>ENGLISH</td></tr><tr><td>📞 1-855-DÉJELO-YA (1-855-335-35692)</td><td>ESPAÑOL</td></tr><tr><td>📞 1-800-QUIT-NOW (1-800-784-8669) then press "7"</td><td>NATIVE QUIT LINE</td></tr></table> <p>SMOKEFREE oregon</p> <p>quitnow.net/oregon</p>	📞 1-800-QUIT-NOW (1-800-784-8669) 💬 text "READY" to 200-400	ENGLISH	📞 1-855-DÉJELO-YA (1-855-335-35692)	ESPAÑOL	📞 1-800-QUIT-NOW (1-800-784-8669) then press "7"	NATIVE QUIT LINE
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Digital Ads: Evergreen Messages



Looking for a way to protect your health? Quit smoking or vaping... it's worth it.

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Digital Ads: Vaccine Messages



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