When you're ready to quit,

Quit for KEEPS

Toll Free 1-800-QUIT-NOW

Call Toll Free 1-800-QUIT-NOW (1-800-784-8669) or visit www.scdhec.gov/quitforkeeps

No one expects giving up tobacco to be easy. Making the decision to quit is a huge step to take, and no one expects you to do it alone. That's why South Carolina has established a statewide, toll free quitline for smokers like you who are trying to quit and just need someone else on the other end of the phone.

Trained counselors are on hand to answer your smoking-related questions, talk you through your cravings and refer you to outside services that best fit your needs. Calling the number is free, and the lines are open seven days a week during business and evening hours.

So, remember the number. Write it down. Keep it in your back pocket, your purse or your vehicle. Keep it wherever you usually smoke. And the next time you feel like a smoke, call it. And let us help you Quit for Keeps.

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Quit for Keeps is a partnership between
S.C. Department of Health and Environmental Control, Centers for Disease Control and Prevention and American Legacy Foundation.

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15 by 20 inches including perforated section