

# Become an X - Quit Smoking

Starting August 1st, The California Smokers' Helpline will send free Nicotine Patches to eligible Alameda County residents while funds last.

Do you know someone that needs help quitting tobacco?

The **FREE** California Smokers' Helpline will help you make a plan for success. You deserve to call because you have paid for it for years through cigarette taxes!

**Ask your doctor for help to Quit Smoking today!**

**Counseling**

**and**

**Medication**

**More than doubles your success in quitting!!!**



Spanish: 1-800-NO-FUME  
Hearing Impaired: 1-800-933-4TDD  
Vietnamese: 1-800-778-8440  
Korean: 1-800-556-5564



Alameda county residents can now get free Nicotine Patches through the California Smokers Helpline.

Please promote services to Alameda county residents.

Call the California Smokers Helpline at 1-800-NO-BUTTS ( (800) 662-8887 )

