



READY TO QUIT SPIT?

Here are some of the reasons that other adults have successfully used:

- To save money
- To have healthier teeth and gums
- To have better breath
- To have a cleaner appearance
- To be a positive role model

WHAT ARE YOUR OWN REASONS FOR QUITTING?

WHERE TO GO FOR HELP:

- Talk with your medical or dental provider at your medical treatment facility, on your ship, or at your battalion aid station.
- Visit your local MTF or command Health Promotion team for assistance.
- Call 1-800-QUIT-NOW to speak to a coach at your state quit line.
- Visit the YouCanQuit2 website for chat and resources at <https://www.ycq2.org>.
- Visit the Quit Dip website at <https://smokefree.gov/quitting-dip>.



#TOBACCOFREE



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
IMPROVING READINESS THROUGH PUBLIC HEALTH ACTION