



Thinking of Quitting Vaping?

What are your own reasons to quit?

There are many reasons to consider quitting vaping, Juuling or using e-cigarettes. These include: getting rid of your nicotine addiction, saving money, having better lung health and being a good role model.

Where To Go For Help

- Talk with your medical provider at your MTF, ship or battalion aid station.
- Visit your local health promotion office, staff or wellness center.
- Go to the DoD's YouCanQuit2 [campaign](#) for more information, support and resources on quitting vaping.
- Learn more from [Smokefree.gov](#) about vaping triggers and cravings.
- Get support, tips and advice on quitting e-cigarettes from The Truth Initiative's [This is Quitting](#). Text DITCHJUUL to 88709 to get started.
- Visit the Navy and Marine Corps Public Health Center's Tobacco Free Living [website](#) for other information and resources.



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