

# **You get better protection against diseases.**

**Now is the time to quit.**

Now more than ever, you need to keep your lungs strong. But smoking increases your risk for severe illness from COVID-19. And if you do get COVID-19, you could have a harder time recovering. If you're ready to quit, we have advice and free quit-aid products available to help.





Getting professional help to quit smoking or vaping triples your chances of quitting for good. Our quit services are free.

For more information about the Quitline program, call **1-866-409-1858**.

**QuitSupport.com**

DELAWARE  
**QUITLINE**

**1-866-409-1858**



*DELAWARE HEALTH AND SOCIAL SERVICES*

Division of Public Health

Tobacco Prevention and Control Program