



RIDE TOBACCO-FREE

WHY IS TOBACCO BAD FOR YOUTH?

- Cigarette smoking kills about 2,800 New Mexicans every year.
- More than 49,000 middle and high school youth smoke or vape in New Mexico.
- Vaping increases the possibility of addiction to nicotine and long-term harm to brain development and respiratory health.
- Secondhand Smoke puts you at risk for respiratory infections, ear infections, and asthma attacks.

1-800-QUIT-NOW OFFERS FREE HELP TO QUIT ALL TOBACCO AND VAPING PRODUCTS

- 1-800-QUIT-NOW services are available 24/7.
- FREE services are available via phone, online, or by text message.
- FREE services include: personal Quit Coach, customized quit plan, nicotine patches, gum, or lozenges.
- We offer FREE specialized services for 13-17 year olds and pregnant women.
- For quit services in English, visit quitnownm.com or call 1-800-QUIT NOW.
- For quit services in Spanish, visit dejeloyanm.com or call 1-855-DEJELO YA.

THE BENEFITS OF QUITTING TOBACCO

- Improves lung and heart functions
- Increases sense of smell and taste
- Saves money
- Lowers cancer risk
- Cleaner and healthier environment for your family

**“IT’S NEVER A GOOD THING TO BE A
QUITTER, UNLESS IT’S TOBACCO.”**

MALYKA MULLER
CHAMPION BARREL RACER





SADDLE UP AND ENJOY A TOBACCO-FREE RODEO.

