



Talk to your pharmacist about quitting tobacco

You may have tried to quit before, and felt discouraged if you were unable to stay quit. You may wonder what services are available to help you quit, or if you want help to quit.

We Can Help

Talk with someone about quitting.

- Your doctor or medical provider
- Your pharmacist
- The California Smokers' Helpline (1-800-NO-BUTTS)

Talk with someone about medication options to help you quit.

- A new California law allows pharmacists to provide prescription nicotine replacement medications without a doctor's prescription to help you quit tobacco.² This increases access to these medications for you, and makes them more affordable.

Counseling and medication options are effective on their own, but are even more effective when combined.¹ When you are ready to quit tobacco, remember to ask your pharmacist for help.²

**For Free
Help Quitting
Smoking, Call
1-800-NO-BUTTS**



¹ Centers for Disease Control and Prevention. (2014). Quitting Smoking. Retrieved from http://www.cdc.gov/tobacco/quit_smoking

² California Pharmacists Association. (2014). SB 493 (Hernandez): Putting pharmacists on the care team. Retrieved from http://www.cshp.org/sites/main/files/sb_493_talking_points.pdf