

# NEWS RELEASE

Panhandle

Public Health District

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For immediate release.

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## 2018 is Your Year to Quit Tobacco

Keeping New Year's self-improvement promises can be difficult. Panhandle Public Health District and the Nebraska Tobacco Quitline want to help you make 2018 a tobacco-free year.

During the month of January, the Nebraska Tobacco Quitline is providing extra assistance for those who are ready to quit with a two-week supply of no-cost nicotine replacement therapy.

"Quitting isn't easy, but with the Quitline, tobacco-users have a whole team of support on their side," Tabi Prochazka, Health Promotions Coordinator at Panhandle Public Health District, said. "Get the tools you need to be successful by calling 1-800-QUIT-NOW, talking with your healthcare provider, and building that support from friends and family."

Call the Nebraska Tobacco Quitline (available 24/7) and ask about the no-cost nicotine patches, gum, or lozenges, available through January 31, while supplies last. This offer is available for Nebraska residence who are 18 years of age or older. Callers will be screened for medical eligibility to receive the medication, which is shipped directly to the caller's home. All information provided to the Quitline is confidential.

"It is never too late to quit. Quitting brings immediate advantages to not just tobacco-users, but their families, as well," added Prochazka.

For help quitting, the Nebraska Tobacco Quitline is available at 1-800-QUIT-NOW (1-800-784-8669), and for Spanish services at 1-855-DÉJELO-YA (1-855-355-3569). Translation services are also available in more than 170 languages. For additional resources visit [www.QuitNow.ne.gov](http://www.QuitNow.ne.gov).

Panhandle Public Health District is working together to improve the health, safety and quality of life for all who live, learn, work and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle Community.

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