

News You Can Use!

Thinking About Quitting Smoking? Quit Partners can Help!

If you smoke, quitting or cutting back may be the most important thing you can do to lower your risk for severe illness from COVID-19 and improve your overall health. According to the Minnesota Department of Health, in general, people who smoke are at higher risk of getting lung infections and having more serious illness.

Quitting smoking can also help you save money. If you smoke a pack a day you would save about \$3,650 if you quit smoking for one year.

If you are thinking about quitting or cutting back on smoking, Quit Partner can help. Quit Partner offers free quit-tobacco services to Minnesota residents who smoke, vape, or chew tobacco. Quit Partner provides coaching, email and text support, and quit medication (nicotine patches, gum or lozenges) delivered by mail. **Visit www.QuitPartnerMN.com or call 1-800-QUITNOW (1-800-784-8669) to get started.**

As a reminder, John Carroll and Nan McKay are smoke free buildings. Smoking is not allowed anywhere inside the building (including your apartment) or outside within 25 feet of the building. Secondhand smoke causes lung irritation and can easily drift throughout a building. Smoking outside and away from the building keeps the air in the buildings cleaner and protects the lung health of all residents.

The logo for Quit Partner features the word "quit" in a large, dark teal font with a yellow speech bubble shape inside the letter 'i'. Below it, the word "partner" is written in a similar dark teal font, with an orange speech bubble shape inside the letter 'a'. To the right of "quit", the tagline "Free help to quit your way" is written in a smaller, lighter teal font. A small "TM" trademark symbol is located at the end of "partner".

quit Free help to
quit your way
partner™

Wear a Mask! • Wash your Hands! • Watch your Distance!