

COMMUNITIES OF COLOR NETWORK

The Louisiana Campaign for Tobacco-Free Living
Louisiana Tobacco Control Program

WAYS TO QUIT SMOKING ESPECIALLY DURING COVID-19 PANDEMIC



1. WEAR YOUR MASKS AS RECOMMENDED BY THE CENTERS FOR DISEASE CONTROL (CDC)

The more you wear your masks the less you will likely smoke!

2. ALLOW YOUR INFLUENCERS TO HELP YOU QUIT

- Family members
- Church and organization members
- Your doctor

3. LET YOUR MONEY WORK FOR YOU (YOU CAN SAVE MONEY FROM NOT BUYING THAT PACK OR CARTON)

- Gym memberships, massages, hair salons
- Vacations
- Memberships in your favorite organizations
- Renovations to your home
- Crawfish boils

4. YOUR HEALTH IS DRASTICALLY IMPROVED

- Improved breathing
- Increased lung capacity
- Improved palate and breath smell

**Contact Southern University/Communities
of Color Network @suagcenter.com for
Cessation Resources.
WE CAN HELP!**

