

Tobacco-free DHS • healthier worksites, help quitting

Project QUIT

Ready to quit smoking?
Want to kick the chewing habit?
There is help.

Oregon Tobacco Quit Line
800-QUIT NOW (784-8669)

Spanish: 877-2NO-FUME
TTY: 877-777-6534

Free to anyone in Oregon

- Quitting information
- One-on-one coaching
- Referrals to more help and resources
- Patches

DHS supports employees who want to quit tobacco.

Look for Project Quit brown bag lunches and other events on the Tobacco-free DHS Web site (www.dhs.state.or.us/tools/tobfree).

Employees who are members of the Public Employees' Benefit Board have access to quit resources like coaching, patches and medication.

Get help to break the habit.
Call 800-QUIT NOW (784-8669).

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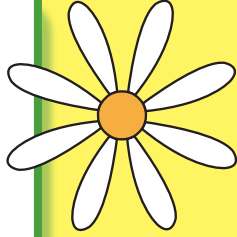
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Tobacco-free DHS • healthier worksites, help quitting

Tobacco-free DHS HEALTHIER WORKSITES, HELP QUITTING

We care about
the health of our
employees, clients
and the public.



That's why DHS is
going tobacco-free
in 2008.

As of May 30, 2008, all tobacco use will
be prohibited at this DHS facility and on
the surrounding property.

The result?
A cleaner and healthier place for everyone
who works and visits here.

Tobacco-free means no smoking,
chewing or other tobacco use:

- In the building
- On the property, including:
 - Doorways
 - Parking lots
 - Porches and outdoor foyers

For more information, visit the Tobacco-free
DHS Web site (www.dhs.state.or.us/tools/tobfree).

 **DHS**
Oregon Department of Human Services

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