

# READY TO TRY QUITTING SMOKING?



## **FREE Nicotine Patches from the Los Angeles County Department of Public Health**

### **QUITTING SMOKING CAN BE HARD...**

...but the good news is that LA County residents can get free nicotine patches to help them quit.

#### **CALL THE CALIFORNIA SMOKERS' HELPLINE**

Toll-free: 1-800-NO-BUTTS  
Monday - Friday: 7am - 9pm  
Saturday: 9am - 1pm

#### **REQUEST A FREE FOUR-WEEK SUPPLY OF NICOTINE PATCHES**

LA County residents who are 18+ years old with a LA County mailing address are eligible. Health insurance and U.S. citizenship are not required.

#### **RECEIVE FREE NICOTINE PATCHES IN THE MAIL**

The California Smokers' Helpline will mail a four-week supply of nicotine patches to the address provided.

**The free nicotine patch  
giveaway will last as long  
as the supply is available.**

Get more information and  
smoking cessation tips online:  
**LAQuits.com**

#### **How do I get the free nicotine patches?**

LA County residents interested in quitting smoking can call the California Smokers' Helpline to request a free four-week supply of nicotine patches. The toll-free phone number is: 1-800-NO-BUTTS (1-800-662-8887). The California Smokers' Helpline will mail a four-week supply of nicotine patches to the LA County address provided by the caller.

#### **Who is eligible?**

LA County residents who are 18 years of age and older with a LA County mailing address may be eligible. LA County residents who have a medical condition, such as a recent heart attack or chest pains related to a heart condition, are not eligible to receive the free nicotine patches. Other conditions may require a doctor's authorization. Doctors will need to sign for medical authorization. The California Smokers' Helpline can assist LA County residents in determining their eligibility.

#### **Do I need health insurance?**

No. Proof of insurance is not a requirement to get the free nicotine patches. Medi-Cal managed care patients may be eligible for additional free quit-smoking aids. The California Smokers' Helpline counselors may ask about a caller's Medi-Cal status only to assist them in getting additional free resources.

#### **Do LA County residents have to be U.S. citizens to be eligible?**

No. The California Smokers' Helpline does not ask for proof of citizenship. To qualify for this free giveaway, callers only need to provide a LA County address.

#### **When can I call the California Smokers' Helpline?**

The California Smokers' Helpline telephone counselors are ready to talk to you Monday – Friday from 7:00 a.m. – 9:00 p.m., and on Saturdays from 9:00 a.m. – 1:00 p.m. The Helpline is not open on Sundays. However, if you call after hours or if the lines are busy, you will get the Helpline's 24-hour voicemail service. Leave a message and a Helpline counselor will call you back at the phone number you provide.

#### **What if I want more nicotine patches?**

LA County residents who need a little more help may be eligible to receive additional free nicotine patches. Call the California Smokers' Helpline and talk to a counselor about getting more nicotine patches. The Helpline is a free telephone counseling resource with counselors to help smokers develop a quit plan and assist them through the quit process. Counselors will be able to assess if there is a need for continued use of nicotine patches and when it is appropriate to mail out more patches.

#### **FREE HELP IS JUST A PHONE CALL AWAY:**

**English:** 1-800-NO-BUTTS (1-800-662-8887)

**Cantonese:** 1-800-838-8917

**Mandarin:** 1-800-838-8917

**Korean:** 1-800-556-5564

**Vietnamese:** 1-800-778-8440

**Spanish:** 1-800-45-NO-FUME (1-800-456-6386)

**TDD/TTY Hearing Impaired:** 1-800-933-4TDD (1-800-933-4833)

**California Tobacco Chewers' Helpline:** 1-800-844-CHEW (1-800-844-2439)