

I breathe easier.
Quitting smoking
is linked to
improved lung
health.



Within 1 to 12 months of quitting smoking, coughing and shortness of breath decrease.¹

After 10-15 years of quitting smoking, the chance of developing lung cancer caused by smoking drops by half.¹

FREE AND ANONYMOUS SUPPORT TO HELP YOU QUIT



Kick It California

A text program, app, and telephone helpline created for those 13 and older to quit tobacco.

www.kickitca.org | 1-800-300-8086

Text 'Quit Smoking' to 66819

1. Centers for Disease Control and Prevention. (2023c, October). *Benefits of Quitting*. U.S. Department of Health and Human Services.
https://www.cdc.gov/tobacco/quit_smoking/how_to_quit/benefits/index.htm