

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)