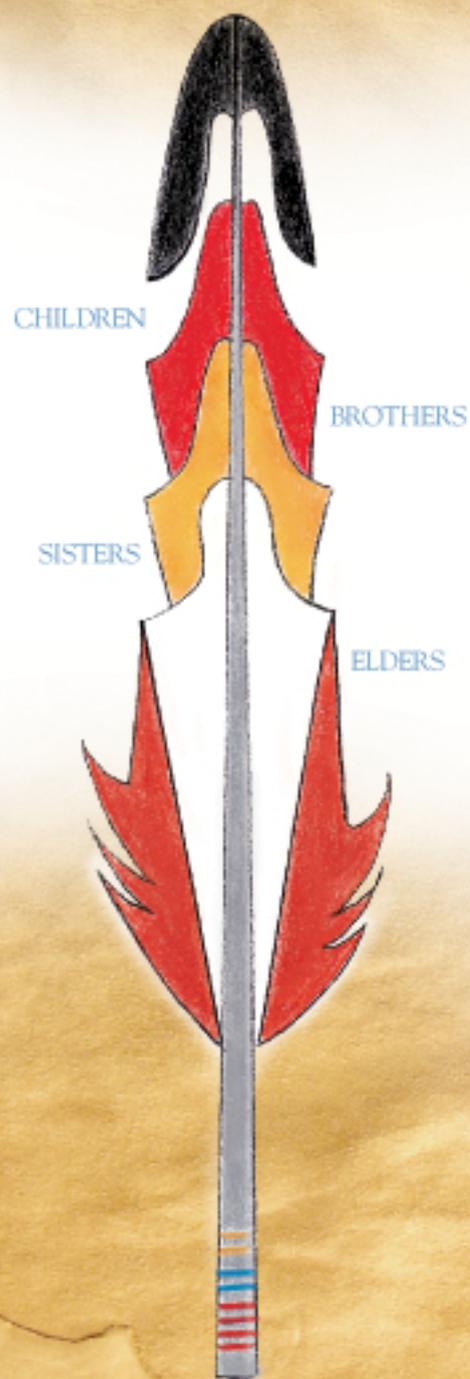


We know there is nothing sacred about commercial tobacco. Our families and loved ones are sacred. Together we are strong. Together we can fight addiction and find the power to stop. If you need help, call toll free or go online to www.SDQuitLine.com

1-866-SD-QUITS
(1-866-737-8487)

Front



Find your power.

Back

We know what commercial tobacco is doing to us.

We know their tobacco is not our tobacco.

And we know that many of us are addicted.

We also know that many of us are helping each other stay addicted, instead of helping each other quit.

Those of us who have been able to quit have found our strength, our power... in each other.

We find it in our children.
We find it in our wise elders.
We find it in our brothers and sisters.
We find it in each other.

We are the power.

You are the power.

First Inside Panel

How to quit commercial tobacco:

1. Get help. Most of us can't do it alone.

Talk to someone. Family, friends, doctors, QuitLine counselors – they are all there to help you... all you have to do is ask.

2. Use medicine.

The patch, gum and other medicines are available and can be delivered directly to your door.

3. Help someone else.

Share your stories, share your strategies, and stand together.

4. If you fall, get back up and keep fighting.

When you're addicted, it's hard not to use tobacco when you are stressed, upset or just need to relax. Setbacks happen, don't let them stop you from fighting back.

5. If you smoke, don't switch to chewing.

A can of spit tobacco can be more addictive than a pack of cigarettes because it contains more nicotine. One can holds as much nicotine as 60 cigarettes.

6. If you chew, don't switch to smoking.

Smoking kills more people than alcohol, car crashes, AIDS, illegal drugs, murders, and suicide combined.

7. Remember the children.

There is NO safe level of exposure to secondhand smoke. It causes immediate harm to nonsmokers including bronchitis, pneumonia, ear infections and can trigger asthma attacks.

8. Remember your ancestors.

There is nothing traditional or sacred about using commercial tobacco.

9. Remember who wants to keep you addicted and why.

The tobacco industry spends about \$37 million in South Dakota to market its deadly products. They aren't just taking your money, they are taking your life.

10. Call the QuitLine.

Trained counselors are waiting to help you and people who use a "quit coach" are two times as likely to quit for good.



Art created by Donald F. Montleaur