



STATE OF ALABAMA DEPARTMENT OF  
**PUBLIC HEALTH**

**No Tobacco Day 60 Sec PSA**

This is State Health Officer, Doctor Scott Harris. Tobacco is bad for you. I know that, and you know that...but if I can't convince you to quit for good, maybe I can get your to quit for a day.

May 31<sup>st</sup> is World No Tobacco Day. It's an event that's exactly what it sounds like – one day, no tobacco. The idea is to raise awareness about the health risk associated with tobacco use, and I hope that you will consider it and even give it a try.

The Alabama Department of Public Health also has a great year round resources for those who need help quitting tobacco – the Alabama Tobacco Quitline. You can call toll-free at 1-800-QUIT-NOW, that's 1-800-784-8669 or go online at [www dot Quit Now Alabama dot com](http://www.QuitNowAlabama.com).

Thousands of Alabamians have already called and are now living tobacco free. You can quit too, start with one day and go from there. Who knows, it could be the first step towards a healthier, longer, tobacco free life.

**For more information, contact: Ryan Easterling  
[Ryan.Easterling@adph.state.al.us](mailto:Ryan.Easterling@adph.state.al.us) / 334-206-3878**