



WHO WE ARE—*Together We Can Make a Difference*

The DC Tobacco Free Families Campaign (DCTFF) is a partnership of the DC Cancer Consortium, the American Lung Association of DC and the DC Department of Health, committed to reducing the tragedy of tobacco use for DC families. With your help, we can continue to reach District residents with our free services.

WHAT WE DO—*Empowering Communities, Healing Families*

Tobacco use remains the leading cause of death and disease in the District and in the nation. DCTFF provides resources and education to DC residents, especially to low income and medically underserved individuals, on how to quit smoking and on the importance of tobacco free homes and cars for our children. In addition, DCTFF aims to build a network of community organizations, faith-based groups, and educational institutions to help to change the way our community views tobacco use—from acceptable to unacceptable—and to provide a culture in which our children grow up without the tragedy of tobacco addiction in their lives.

THE DC QUITLINE® – *Helping DC Smokers Quit for Good*

Calling a quitline can double a smoker's chances of quitting for good, especially when combined with free nicotine replacement therapy (NRT). The District of Columbia provides free quitline services and NRT. This program is paid for with a grant from the DC Cancer Consortium through the DC Department of Health.

800 QUIT NOW (Spanish speaking 202-333-4488) Free Services for District Residents:

- Five counseling sessions from tobacco treatment specialists
- Free NicodermCQ patches and Commit lozenges
- Fax to Quit program for healthcare providers to initiate calls from quitline counselors to qualified District smokers
- Local number for Spanish-speaking callers that connects directly to quitline
- Carbon monoxide (CO) testing conducted pre and post-cessation

WHAT YOU CAN DO—*Help Us Spread the Word and Save Lives*

As a member of the community we serve, your role is vital to our success. You serve a particular group of individuals who trust and rely on you for information and services. By signing on with the DCTFF, you will become a key player in relaying the educational messages and resources provided by the DCTFF. Below is a list of activities you can adopt to encourage DC residents to get free help to quit smoking for good!

- ✓ *Distribute free QUIT-NOW cards, display posters and promote the Quitline in your newsletters, website, and meetings.*
- ✓ Educate your constituents about the importance of keeping children tobacco free and away from secondhand smoke.
- ✓ Show the educational video, *Nasty*, at meetings and events – *Nasty is available online at www.dctff.info.*

Call Shawntay Warren, at 202-546-5864, or email swarren@aladc.org for more information.