



## This is a great time to try to quit smoking or vaping!

The Employee Smoking Cessation Assistance Program (ESCAPE) can provide free quit-smoking counseling and resources for you and/or your household members if you **call us at 347-396-4403**. During this emergency, all New Yorkers should take precautions to prevent COVID-19 infection. Visit [nyc.gov/coronavirus](https://nyc.gov/coronavirus) to learn more. Smoking may increase your risk of severe illness if you have COVID-19. If you know a coworker or household member who uses nicotine products, vapes, or smokes please encourage them to contact ESCAPE for free support.

For more information **call 347-396-4403** and **leave a message with your phone number**. ESCAPE program staff will return your call within 1-2 business days.



**YOU CAN QUIT. WE CAN HELP.**

Visit [nyc.gov/escape](https://nyc.gov/escape) for more information

