



KEEP TRADITIONAL TOBACCO — SACRED —



Sacred tobacco has been used by American Indian people for prayer, healing, and ceremonial purposes. If you need help to quit commercial tobacco use, please contact your Tribal or Indian Health Service clinic or call 1-800-QUIT-NOW (1-800-784-8669).

Text **"NATIVE"** to 47848 if you or someone you know wants to quit smoking. You will receive tips, advice, and encouragement to overcome challenges and stay motivated.