

# Tobacco and Vapor 21

*Taking effect Jan. 1, 2020*

## What is Tobacco and Vapor 21?

Beginning Jan. 1, 2020, it will be illegal for state-licensed retailers in Washington to sell tobacco or vapor products to anyone under 21. This law will help protect young people from the lifelong health consequences of using tobacco, which remains the leading cause of preventable death in Washington.

## What's happening in our community?

A statewide effort is underway to educate and inform the public about the new Tobacco and Vapor 21 law. The state Liquor and Cannabis Board has sent educational materials to all Washington tobacco and vapor retailers. Yellow Tobacco and Vapor 21 signs will appear in stores this fall and winter. For retailer information, go to [lcb.wa.gov](http://lcb.wa.gov).

## Talk to loved ones about quitting smoking and vaping

If you know a young person who smokes or vapes, Tobacco and Vapor 21 provides a great opportunity to talk to them about quitting. Teens and young adults are more likely to listen to adults who are important in their lives. Find tips to get the conversation started at [cdc.gov/e-cigarettes](http://cdc.gov/e-cigarettes) and [e-cigarettes.surgeongeneral.gov](http://e-cigarettes.surgeongeneral.gov).

## There are free resources to help quit

We strongly recommend young people who use tobacco and vapor products consider quitting now to avoid a lifetime of poor health and increased risk of serious diseases. Quitting on your own can be hard, which is why there are free resources available to help people who want to give up smoking or vaping.

Washingtonians can get free help to quit smoking or vaping by contacting the state Tobacco Quitline at **1-800-QUIT-NOW**. A free smartphone app, which offers guidance and encouragement, is available at [www.doh.wa.gov/quit](http://www.doh.wa.gov/quit).

## GET FREE HELP TO QUIT

Call the quitline: **1-800-QUIT-NOW**

Download the smartphone app: [doh.wa.gov/quit](http://doh.wa.gov/quit)



IT'S THE LAW



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