**Translated Facebook and Twitter Posts in English, Spanish, Simplified Chinese,**

**Traditional Chinese, Korean and Vietnamese**

**English/Spanish**

**Facebook Posts**

1. Thinking of quitting smoking? If you are an eligible Medi-Cal member and call the California Smokers’ Helpline at **1-800-NO-BUTTS,** youcan receive free nicotine patches and a $20 gift card bonus mailed to your home. Visit [www.nobutts.org/Medi-Cal](http://www.nobutts.org/Medi-Cal), enroll [online](https://helpline.ucsd.edu/registration/), or sign up for text messages at [www.nobutts.org/texting](http://www.nobutts.org/texting). #quitsmoking #smokefree

¿Está pensando dejar de fumar? Si es miembro elegible de Medi-Cal y llama a la Línea de Ayuda para Fumadores de California al 1-800-45-NO-FUME, usted podría recibir parches de nicotina gratuitos y una tarjeta de regalo de $20 dólares por correo. Visite <http://www.nobutts.org/spanish/medi-cal/>

, regístrese por [**internet**](https://helpline.ucsd.edu/registration/), o solicite mensajes de texto visitando [www.nobutts.org/texting](http://www.nobutts.org/texting). #dejedefumar #libredelhumodelcigarro

1. Quitting smoking isn’t easy, but you can do it! If you’re an eligible Medi-Cal member and call the California Smokers’ Helpline at **1-800-NO-BUTTS,** you can receive free nicotine patches and a $20 gift card bonus mailed to your home. Visit [www.nobutts.org/Medi-Cal](http://www.nobutts.org/Medi-Cal), enroll [online](https://helpline.ucsd.edu/registration/), or sign up for text messages at [www.nobutts.org/texting](http://www.nobutts.org/texting). #quitsmoking #smokefree

¡Dejar de fumar no es fácil, pero usted lo puede lograr! Si es miembro elegible de Medi-Cal y llama a la Línea de Ayuda para Fumadores de California al 1-800-45-NO-FUME, usted podría recibir parches de nicotina gratuitos y una tarjeta de regalo de $20 dólares por correo. Visite <http://www.nobutts.org/spanish/medi-cal/> , regístrese por [internet](https://helpline.ucsd.edu/registration/), o solicite mensajes de texto visitando [www.nobutts.org/texting](http://www.nobutts.org/texting). #dejedefumar #libredelhumodelcigarro

**Twitter**

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¿Está pensando dejar de fumar? Los miembros de [Medi](http://www.nobutts.org/spanish/medi-cal/)-Cal elegibles podrían recibir parches de nicotina gratuitos y una tarjeta de regalo de $20 dólares. Llame al 1-800-45-NO-FUME o regístrese por [internet](https://helpline.ucsd.edu/registration/) #dejedefumar #libredelhumodelcigarro

1. Now is a good time to quit smoking. Eligible [Medi-Cal](http://www.nobutts.org/spanish/medi-cal/) members can get free nicotine patches and $20 gift card. Call **1-800-NO-BUTTS** or enroll [online](ps://helpline.ucsd.edu/registration/) #quitsmoking #smokefree.

Ahora es buen momento para dejar de fumar. Los miembros elegibles de [Medi-Cal](http://www.nobutts.org/spanish/medi-cal/) podrían recibir parches de nicotina gratuitos y una tarjeta de regalo de $20 dólares. Llame al 1-800-45-NO-FUME o regístrese por [internet](https://helpline.ucsd.edu/registration/)  #dejedefumar #libredelhumodelcigarro

**Simplified Chinese**

**Facebook Posts面书专讯**

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想戒烟吗？如果你是个合资格的白卡会员打电话 来华语戒烟专线 **1-800-838-8917** 你可以免费

获得尼古丁贴片及$20 礼物卡的奖励寄到你的住址。请浏览<http://nobutts.org/chinese/medi-cal/simp/> , [网上](https://helpline.ucsd.edu/registration/)注册， 或用短讯[www.nobutts.org/texting](http://www.nobutts.org/texting). # quitsmoking #smokefree

1. Quitting smoking isn’t easy, but you can do it! If you’re an eligible Medi-Cal member and call the California Smokers’ Helpline at **1-800-NO-BUTTS,** you can receive free nicotine patches and a $20 gift card bonus mailed to your home. Visit [www.nobutts.org/Medi-Cal](http://www.nobutts.org/Medi-Cal), enroll [online](https://helpline.ucsd.edu/registration/), or sign up for text messages at [www.nobutts.org/texting](http://www.nobutts.org/texting). #quitsmoking #smokefree

戒烟并不容易， 但你可以做得到！！如果你是个合资格的白卡会员打电话来华语戒烟专线

**1-800-838-8917**你可以免费获得尼古丁贴片及$20 礼物卡的奖励寄到你的住址。

请浏览<http://nobutts.org/chinese/medi-cal/simp/> , [网上](https://helpline.ucsd.edu/registration/)注册， 或用短讯留言[www.nobutts.org/texting](http://www.nobutts.org/texting). # quitsmoking #smokefree

**Twitter 推特**

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想戒烟吗？合资格的（[Medi-Cal](http://nobutts.org/chinese/medi-cal/simp/)）白卡会员可以免费获得尼古丁贴片及 $20礼物卡。 请即拨打**1-800-838-8917**或 [网上](https://helpline.ucsd.edu/registration/)注册。 #quitsmoking #smokefree.

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是时候要戒烟了！合资格的 （[Medi-Cal](http://nobutts.org/chinese/medi-cal/simp/)）白卡会员可以免费获得尼古丁贴片及 $20礼物卡。

请即拨打**1-800-838-8917**或[网上](https://helpline.ucsd.edu/registration/)注册。 #quitsmoking #smokefree

**Traditional Chinese**

**Facebook Posts 面書專訊**

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想戒煙嗎？如果你是個合資格的白卡會員打電話 來華語戒煙專線 **1-800-838-8917** 你可以免費

獲得尼古丁貼及$20 禮物卡的獎勵寄到你的住址。

請瀏覽<http://www.nobutts.org/chinese/medi-cal/>

[網上](https://helpline.ucsd.edu/registration)註冊，或用短訊[www.nobutts.org/texting](http://www.nobutts.org/texting). #quitsmoking #smokefree

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戒菸並不容易， 但你可以做得到！！如果你是個合資格的白卡會員打電話來華語戒菸專線

**1-800-838-8917**你可以免費獲得尼古丁貼片及$20 禮物卡的獎勵寄到你的住址。

請瀏覽<http://www.nobutts.org/chinese/medi-cal/>

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**Twitter 推特**

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想戒菸嗎？合資格的（[Medi-Cal](http://www.nobutts.org/chinese/medi-cal/)）白卡會員可以免費獲得尼古丁貼片及 $20禮物卡。 請即撥打**1-800-838-8917**或[網上](https://helpline.ucsd.edu/registration)註冊。 #quitsmoking #smokefree.

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是時候要戒菸了！合資格的（[Medi-Cal](http://www.nobutts.org/chinese/medi-cal/)）白卡會員可以免費獲得尼古丁貼片及 $20禮物卡。 請即撥打**1-800-838-8917，** 或[網上](https://helpline.ucsd.edu/registration)註冊。#quitsmoking #smokefree.

**Korean**

**Facebook Posts**

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금연을 생각하십니까? 귀하께서 메디칼 회원이시라면 저희 한인금연센터 1-800-556-5564으로 전화 주시십시오. 무료 니코틴 패치와 20불 상품권을 받을 수도 있습니다. 웹사이트<http://www.nobutts.org/Korean/Medi-Cal/> 를 방문하시고 [온라인](https://helpline.ucsd.edu/registration/)으로 등록을 하시거나 [www.nobutts.org/texting](http://www.nobutts.org/texting)에서 문자 메세지 전송 서비스를 위해 등록 하십시오.

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금연, 결코 쉽지 않습니다. 그러나 당신도 할 수 있습니다! 귀하께서 메디칼 회원이시라면 한인금연센터 1-800-556-5564으로 전화 주십시오. 무료 니코틴 패치와 20불 상품권을 무료로 받을 수도 있습니다. 웹사이트 <http://www.nobutts.org/Korean/Medi-Cal/> 를 방문하시고 [온라인](https://helpline.ucsd.edu/registration/)으로 등록을 하시거나 [www.nobutts.org/texting](http://www.nobutts.org/texting)으로 문자 메세지 전송 서비스를 위해 등록 하십시오.

**Twitter**

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금연을 생각하십니까? [메디칼](http://www.nobutts.org/Korean/Medi-Cal/) 회원이시라면 무료 니코틴 패치와 20불 상품권을 받을 수 있습니다.   
1-800-556-5564로 전화 주시거나 [온라인](https://helpline.ucsd.edu/registration/)으로 등록 하십시오.

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**Vietnamese**

**Facebook Posts**

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Bạn đang nghĩ đến việc cai thuốc lá? Nếu bạn là một thành viên Medi-Cal hội đủ điều kiện, hãy gọi cho Trung Tâm Cai Thuốc Lá số **1-800-778-8440**, bạn có thể nhận được băng dán nicotine miễn phí và $20 thẻ quà tặng được gởi đến tận nhà cho bạn. Hãy vào trang mạng <http://nobutts.org/viet/medi-cal/> để [ghi danh](https://helpline.ucsd.edu/registration/), hay ghi danh để nhận tin nhắn điện tử ở [www.nobutts.org/texting](http://www.nobutts.org/texting) . #quitsmoking #smokefree.

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Cai thuốc lá không phải dễ, nhưng bạn có thể làm được! Nếu bạn là một thành viên Medi-Cal hội đủ điều kiện, hãy gọi cho Trung Tâm Cai Thuốc Lá số **1-800-778-8440**, bạn có thể nhận được băng dán nicotine miễn phí và $20 thẻ quà tặng được gởi đến tận nhà cho bạn. Hãy vào trang mạng <http://nobutts.org/viet/medi-cal/> để [ghi danh](https://helpline.ucsd.edu/registration/), hay ghi danh để nhận tin nhắn điện tử ở [www.nobutts.org/texting](http://www.nobutts.org/texting) . #quitsmoking #smokefree.

**Twitter**

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Bạn đang nghĩ đến việc cai thuốc lá? [Những thành viên Medi-Cal](http://nobutts.org/viet/medi-cal/) hội đủ điều kiện có thể nhận được băng dán nicotine miễn phí và $20 thẻ quà tặng. Hãy gọi số **1-800-778-8440** hay ghi danh [trên mạng](https://helpline.ucsd.edu/registration/). #quitsmoking #smokefree.

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Bây giờ là thời điểm thuận tiện để cai thuốc lá. [Những thành viên Medi-Cal](http://nobutts.org/viet/medi-cal/) hội đủ điều kiện có thể nhận được băng dán nicotine miễn phí và $20 thẻ quà tặng. Hãy gọi số **1-800-778-8440** hay ghi danh [trên mạng](https://helpline.ucsd.edu/registration/) #quitsmoking #smokefree.