

Are you ready to QUIT SMOKING?

Why is it important?

- Your children are impacted by secondhand smoke every day. Children are exposed to the smoke in your hair, on your clothes and skin even if you only smoke outside.
- Secondhand smoke exposure increases your baby's risk of sudden infant death syndrome.
- Children exposed to secondhand smoke have increased risk of many different types of childhood cancer.
- Kids also have more colds, ear infections and asthma attacks when they are exposed to secondhand smoke.
- Your health is important too! Smoking tobacco is a risk factor for a number of cancers, COPD, emphysema and heart disease.

How do I quit?

- Choose Quit Date and start preparing!
- Throw away all your tobacco products (cigarettes, ash trays, etc.).
- Tell your family and friends that you are quitting and build a support system to help you be successful.
- Evaluate what your "triggers" are and make plans to avoid them (driving, watching tv, hanging out with certain friends).
- The first 3-5 days are the hardest, but it DOES get easier. Don't give up.
- Remember why you wanted to quit in the first place (your health, your child's health).
- Find resources that can help you be successful.

What resources are there to help me?

Ohio Tobacco Quitline (1-800- QUIT-NOW): Connects you with an Ohio Quits Intake Specialist. They will help determine which quit tobacco program is suited for you. Available 24/7.

QuitLogix Program (ohio.quitlogix.org): A free service available to eligible members 18 years and older. They provide special tools, support teams and education. If you qualify medically, they can also ship free nicotine patches to your home. Go to ohio.quitlogix.org or call 1-800-QUIT-NOW for more information and to enroll.

Talk to your own doctor about prescription medications and other resources.