

Resources:

Quitline Iowa

1.800.QUIT.NOW

www.QuitlineIowa.org

Lung HelpLine

1.800.LUNG.USA

www.LungUSA.org

Freedom From Smoking Online

www.FFSOnline.org

Community Health Centers

515.248.1500

www.phcinc.net

83% of Iowans
who smoke want to
quit.



Central Iowa Tobacco-free Partnership:

www.TobaccoFreePartnership.com

515.309.9507

American Lung Association:

www.LungIA.org

Connect with us:



@TobaccoFreeIowa



Facebook.com/ALAIowa

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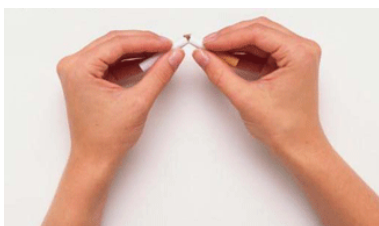
CITP covers Polk, Dallas, Warren & Madison Counties.

When Smokers Quit



Tips to Help You Quit:

- Set a firm quit date.
- Throw away all tobacco products.
- Take a pledge to have a tobacco-free home and/or vehicle.
- Stock up on low-calorie snacks, sugar-free gum and mints.
- Think about what activities you will do when you have a strong urge to use tobacco products.
- Anticipate risky situations (based on your triggers) and what you will do in those situations.
- Practice deep breathing.
- Consider Nicotine Replacement Therapy (talk to your doctor).
- Have a good support system set up.
- Write down the reasons why you want to quit and be specific.
- Think positively! Cravings last 3-5 minutes. If you've made it tobacco-free for 5 minutes, you can make it another 5 minutes!



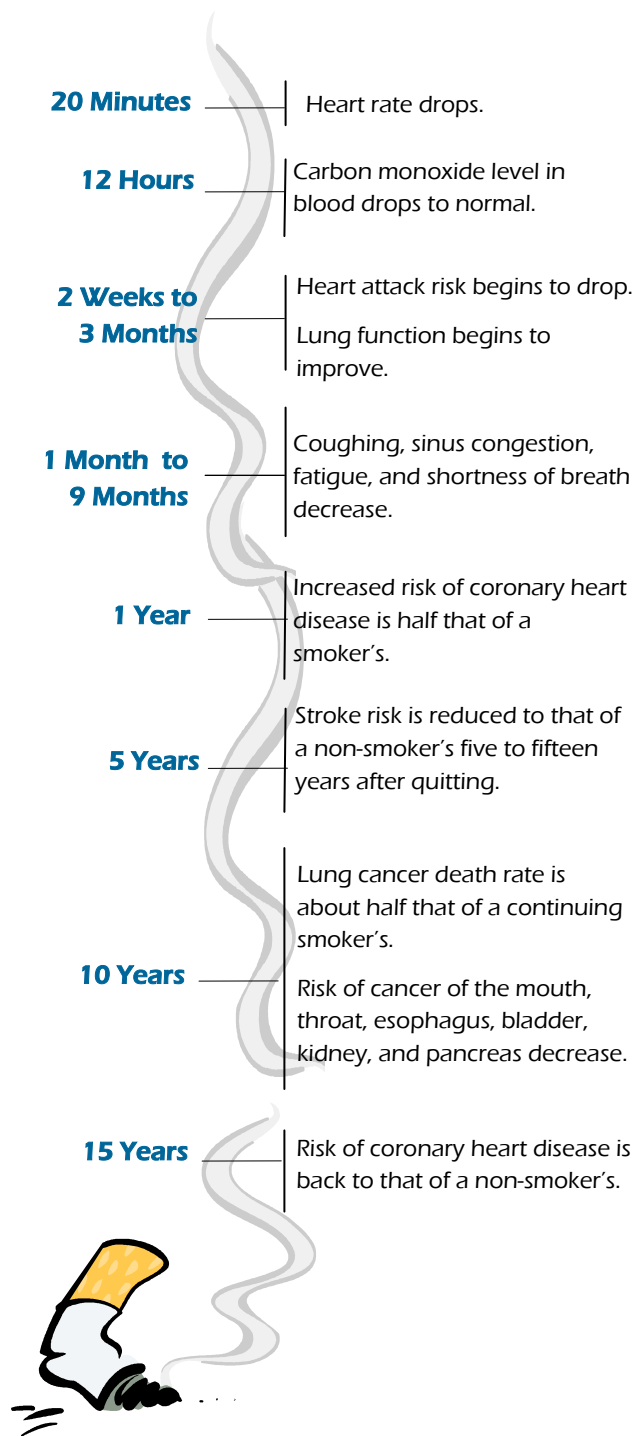
Secondhand Smoke (SHS):

- ⇒ SHS is the smoke given off by a burning tobacco product and the smoke exhaled by a smoker.
- ⇒ More than 70 chemicals in SHS are known to cause cancer, including lung cancer.
- ⇒ SHS has also been associated with heart disease in adults and sudden infant death syndrome, ear infections, and asthma attacks in children.
- ⇒ Every year, SHS causes more than 3,000 lung cancer deaths in non-smokers.
- ⇒ 231,000 Iowa children are exposed to SHS at home.
- ⇒ There is no safe level of exposure to SHS.

Third-hand Smoke:

- ⇒ Third-hand smoke refers to the cigarette by-products that cling to smokers' hair and clothing, as well as household fabrics, carpets and surfaces.
- ⇒ Third-hand smoke is harmful to adults, children and pets.

Source: www.cancer.gov & www.mayoclinic.com



Source: 2004 U.S. Surgeon General's Report—The Health Consequences of Smoking