

# Willing to Quit



Ohio Partners for  
Smoke Free Families

## You CAN Quit Smoking Today!

### Good reasons to quit for you—

- Feel good about what you have done for yourself and your family
- Have more energy and breathe easier
- Find your food tastes better
- Live a longer, healthier life

### Good reasons to quit for your baby (If pregnant)—

Your baby will more likely:

- Be healthier
- Be born near the due date
- Get fewer coughs, colds and ear infections
- Go to the hospital less
- Be less likely to get asthma

## Three main reasons to call it quits:

1

**Your Family** They need you. Live a healthier longer life and watch your family grow.

2

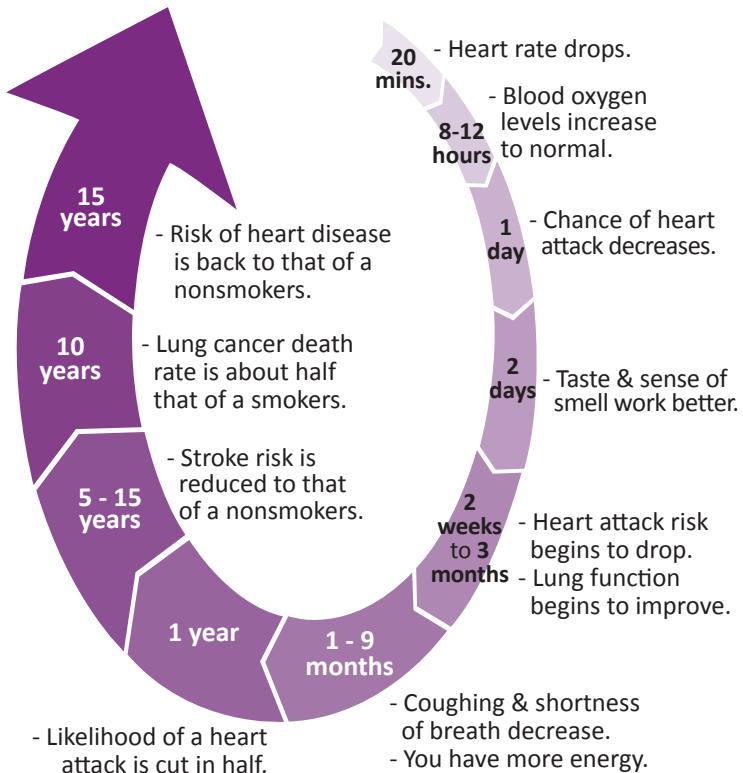
**Your Health** Reduce your chances of cancer, heart disease, stroke, breathing problems, & other diseases.

3

**Your Money** The average smoker spends \$1,500–\$3,000 per year on cigarettes.



## After you quit, your health will start to improve right away:



# A Personalized QUIT Plan for:

	<b>Steps for Quitting</b>
Step 1	Set a quit date.
Step 2	Get rid of reminders!
Step 3	Keep it up! It's hard to stop smoking... so <b>why are you doing it?</b>
Step 4	Triggers. Figure out what makes you want to smoke. Write it down.  _____ _____ _____ _____
4	

Name \_\_\_\_\_

	<b>My Quit Plan</b>
1	My Quit date is _____
2	Are they <b>all</b> gone? <input type="checkbox"/> cigarettes <input type="checkbox"/> chewing tobacco <input type="checkbox"/> rolling paper <input type="checkbox"/> ashtrays
3	Good reasons: <ul style="list-style-type: none"><li>• family      • save money      • health      • friends</li><li>• baby      • happiness      • cleanliness</li></ul>
4	Now write two ways you can make sure you don't feel that way again or can get help when you need it.  _____ _____ _____ _____

## My Personalized QUIT Plan (continued)

	<b>Steps for Quitting</b>
Step 5	Asking for help. If you aren't sure you can stay quit, tell someone!
Step 6	Every day counts. Reward yourself! It is important that you were able to quit a day, a week, and a month. Make sure that you remember that!

	<b>My Quit Plan</b>
5	Friends & family who can help me: _____ _____ _____
6	My County Tobacco Cessation Program: _____ _____ _____
6	I'm doing great! I will reward myself by: _____ _____ _____

# Keeping Track of Your Progress



Many people who do a good job of not smoking for six months “stay quit” forever. The first three months after you quit are the toughest. Take active steps to track your progress. Give yourself a little reward every day that you don’t smoke. Fill in these tables to help you “stay quit” for the next two weeks.

Day	Date	Did You Smoke? (Y/N)	Reward/Reminder
Mon.			
Tues.			
Wed.			
Thur.			
Fri.			
Sat.			
Sun.			

If you slip on some days, write down a reminder of your goal for quitting. Make as many copies as you need to keep track of your progress.

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Here are some helpful ways for you to keep yourself from smoking again.

If you are	Try this:
<b>Feeling angry or sad or stressed</b>	<ul style="list-style-type: none"><li>• Exercise, such as walking or dancing</li><li>• Take 10 slow, deep breaths</li><li>• Talk to your quit buddy if you have one, or a friend</li></ul>
<b>Getting cravings to smoke</b>  <i>When you get a craving, focus on other things to keep you from smoking.</i>  <i>Most cravings only last 10–15 minutes.</i>	<ul style="list-style-type: none"><li>• Know when you will get the cravings. <i>Examples:</i><ul style="list-style-type: none"><li>– Early morning</li><li>– Spending time with friends</li><li>– Eating</li><li>– Feeling stressed or sad</li></ul></li><li>• When you get a craving:<ul style="list-style-type: none"><li>– Chew gum or mints</li><li>– Call or text a support person to share your feelings</li><li>– Brush your teeth</li></ul></li><li>• Create new habits. <i>Examples:</i><ul style="list-style-type: none"><li>– Read a magazine or book</li><li>– Listen to music</li></ul></li></ul>

If you are	Try this:
<b>Gaining weight</b>	<ul style="list-style-type: none"><li>• Change your habits to eat healthier and drink lots of water; Exercise like walking or running; Talk to your health care provider.</li><li>• If you are pregnant when you quit, know that weight gain is a sign of your baby growing.</li></ul>
<b>Around other smokers</b>	<ul style="list-style-type: none"><li>• Walk away from smokers when you feel like smoking.</li><li>• Ask others not to smoke around you.</li><li>• Set a “Smoke Free” zone in the house or car.</li></ul>





## Are you and your family in danger from secondhand smoke?

YES    NO

- Does anyone smoke near you and your child?
- Do people smoke in your house?
- Do you live in a building where neighbors smoke?
- Do people smoke in your car?
- Do you and your child visit places where people smoke?

If you checked “YES” to any of the above, you and your child are not safe from secondhand smoke.

## How does secondhand smoke hurt your family?

Tobacco smoke is harmful to everyone. Your friends and family, even your kids, breathe the same smoke as you do. The smoke from cigarettes can make your children sick. The best thing for them is to make sure you don’t smoke around them.

- One in every five babies born to mothers who smoke is born too small.
  - Being born too small is a leading cause of infant death.
- Babies and children who breathe secondhand smoke are more likely to experience:
  - Ear infections
  - Asthma
  - Sudden Infant Death Syndrome (SIDS)



## Getting help from family and friends makes it easier to quit smoking.

It is a good idea to make a list of all the people who could help you quit. Use the space below to write down the names and phone numbers of people who can help you quit.

Name	Phone Number

If you can, look for a “**quit buddy**” who wants to stop smoking as well. You can help each other get through the rough times. If not, look for someone who has already quit smoking to be your quit buddy.

**My quit buddy is:** \_\_\_\_\_



**Ohio Tobacco Quit Line** offers free tobacco cessation services by telephone and online to uninsured Ohioans, Medicaid recipients, pregnant women, and members of the Ohio Tobacco Collaborative. Eligible callers can receive two weeks of free nicotine replacement therapy.

- ..... → Call 1 (800) QUIT NOW (784-8669), or go to: <http://ohio.quitlogix.org/>

**Smokefree Women** is intended to help you or someone you care about quit smoking and is designed to try to provide information about topics that are most important to women.

- ..... → Go to: <http://women.smokefree.gov/>

**American Legacy Foundation** The EX Plan is a free quit smoking program that helps you re-learn life without cigarettes. The website offers a free plan to quit as well as access to a virtual community and various mobile formats.

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**Text4Baby** Text messages to keep you & your baby healthy.

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Government Resource Center



# Recently Quit



Ohio Partners for  
Smoke Free Families

**CONGRATULATIONS!**  
You've Made a Life-Changing Promise

Your health will start to improve  
right away!

**Now that you stopped smoking, you will:**

- Feel good about what you have done for yourself and your family
- Have more energy and breathe easier
- Live a longer, healthier life

**If you have children, your kids are more likely to:**

- Be healthier
- Get fewer coughs, colds and ear infections
- Go to the hospital less
- Be less likely to get asthma

**Tobacco smoke is harmful to everyone.**

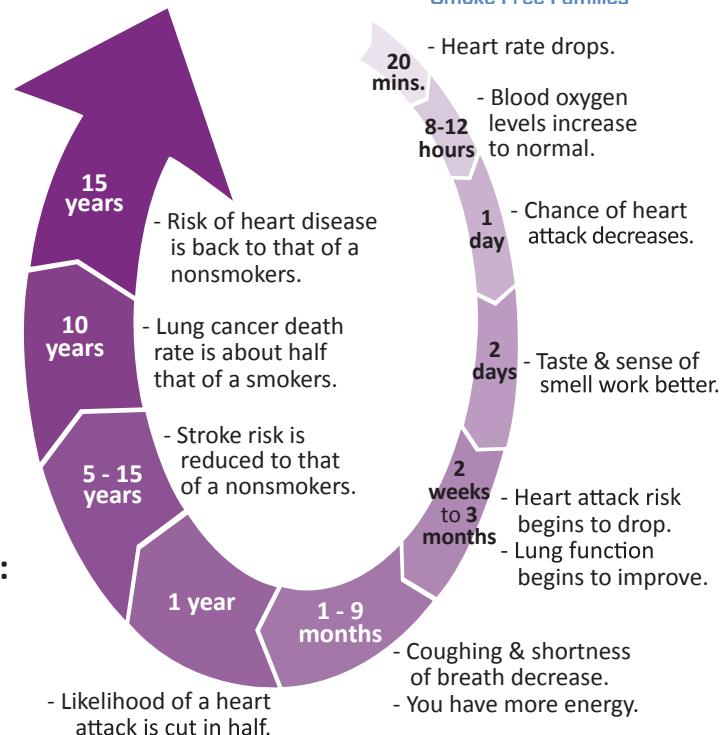
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**Are you and your family in danger from secondhand smoke?**

YES   NO

- |                          |                          |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Does anyone smoke near you and your child?             |
| <input type="checkbox"/> | <input type="checkbox"/> | Do people smoke in your house?                         |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you live in a building where neighbors smoke?       |
| <input type="checkbox"/> | <input type="checkbox"/> | Do people smoke in your car?                           |
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1

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Sun.				Sun.			

***It is hard to quit smoking!***

***Don't be afraid to ask for help!***

My quit buddy is:

Phone Number

2

**Here are some helpful ways for you to keep yourself from smoking again.**

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3

# Not Ready to Quit



## Smoking Affects You and Your Family!

Most people know that smoking causes cancer, heart disease, and other major health problems for you, but did you know it can also make your family sick?

### When you stop smoking, you will:

- Feel good about what you have done for yourself and your family
- Have clothes, hair, and a home that smell better
- Have more energy and breathe easier
- Live a longer, healthier life

### If you have children, your kids are more likely to:

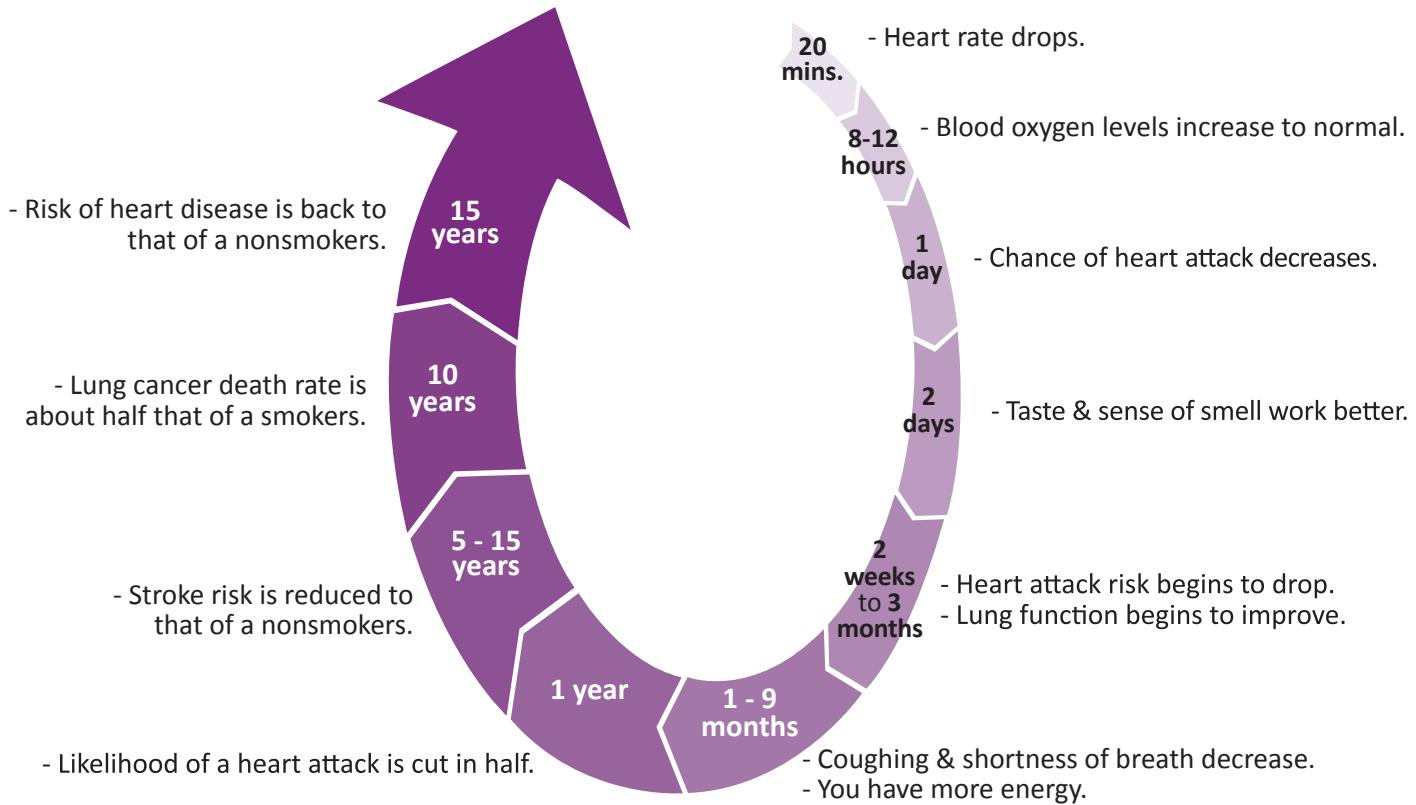
- Be healthier
- Get fewer coughs, colds and ear infections
- Go to the hospital less
- Be less likely to get asthma

### Smoking during pregnancy increases your baby's risks of:

- Being born too early
- Low birth weight (being too small)
- Stillbirth (baby who is dead at birth)
- Birth defects
- Breathing problems
- SIDS (Sudden Infant Death Syndrome or crib death)

Quitting smoking will help you feel better & provide a healthier home for your family.

## After you quit, your health will start to improve right away:



# How does secondhand smoke hurt your family?

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- 2 **Your Health** Reduce your chances of cancer, heart disease, stroke, breathing problems, & other diseases.
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