

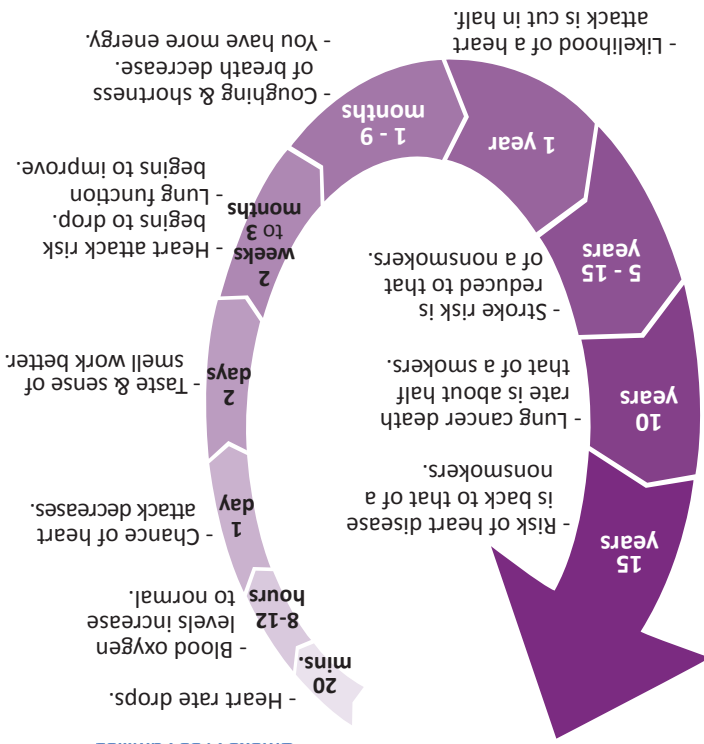
Recently Quit

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.

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.

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?
<input type="checkbox"/>	<input type="checkbox"/>	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.

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.

.....➔ **Go to: <http://www.becomeanex.org/>**

Text4Baby Text messages to keep you and your baby healthy.

.....➔ **Go to: <https://www.text4baby.org/>**

Quit4Baby Text messages to help you quit smoking.

.....➔ **Go to: <https://www.quit4baby.com/>**

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. 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.

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

**It is hard to quit smoking!
Don't be afraid to ask for help!**

My quit buddy is:

Phone Number

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

If you are	Try this:
Feeling angry or sad or stressed	<ul style="list-style-type: none"> • Exercise, such as walking or dancing. • Take 10 slow, deep breaths. • Talk to your quit buddy if you have one, or a friend.
Around other smokers	<ul style="list-style-type: none"> • Walk away from smokers when you feel like smoking. • Ask others not to smoke around you. • Set a “Smoke Free” zone in the house or car.
Getting cravings to smoke <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"> • Know when you will get the cravings. <i>Examples:</i> <ul style="list-style-type: none"> – Early morning – Eating – Feeling stressed or sad • Create new habits. <i>Examples:</i> <ul style="list-style-type: none"> – Read a magazine or book – Listen to music • When you get a craving: <i>Examples:</i> <ul style="list-style-type: none"> – Chew gum or mints – Call or text a support person – Brush your teeth
Gaining weight	<ul style="list-style-type: none"> • Change your habits to eat healthier and drink lots of water; Exercise like walking or running; Talk to your health care provider. • If you are pregnant when you quit, know that weight gain is a sign of your baby growing.

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