

We know you want to protect your children



Remember go outside to smoke

Here are some things you can do to protect your family from the health effects of secondhand smoke:

- Remind others not to smoke around you or your children.
- Keep home and car smokefree.
- Avoid taking your children to public places that allow smoking.

We know it's hard to quit smoking. If you need help call:

Toll-Free

1-800-QUIT-NOW

Spanish: TTY: 1-877-2-NO FUME 1-877-777-6534

This message is brought to you by

 **AMERICAN LUNG ASSOCIATION®**
of Oregon

Remember, Quitting Takes Practice.

- Keep your hands busy with a pencil, coffee stirrer or squeeze a small rubber ball.
- Take a brisk walk. Moving around is a drug-free stimulant.
- When the urge to smoke strikes, take deep breaths, hold in, count to 10, and release slowly. Repeat if necessary. The urge will pass.
- Drink a lot of water and fruit juice.
- If you go back to smoking even one day, don't give up! Quitting tobacco takes a lot of practice.
- Take it one day at a time. If you quit for one day, you can quit for another.
- Believe you can quit. Think of your previous quitting efforts as valuable practice.
- Work off nervous energy by cleaning out the car, washing windows, or raking leaves.



**Call Now
Quit Tobacco
For Good!**

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**Give your heart a gift
that will last a lifetime
Make this the year to quit smoking**

The Rewards of Quitting

As soon as you stop smoking you will notice a difference in your health:

Within 12 hours of quitting

- Levels of carbon monoxide and nicotine in your system decrease rapidly.
- Your heart and lungs begin to repair the damage caused by cigarette smoke.

Within a few days of quitting

- Your sense of smell and taste may improve.

Within 3 months of quitting

- Your circulation improves.
- You will breathe easier.
- Your voice sounds less hoarse.

Within 1 year of quitting

- Your risk of suffering a heart attack decreases by 50%

With a few years of quitting

- Your risk of getting life-threatening diseases (e.g., lung cancer, cancer of the mouth, and heart disease) is reduced to nearly that of a nonsmoker.

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free

1-877-270-STOP

Oregon Tobacco Quit Line

Free call. Free service. Freedom from tobacco

What is the Oregon Tobacco Quit Line?

The Quit Line offers you free quitting information, one-on-one telephone counseling, and referrals either for you or for a loved one. The Quit Line is offered by the Oregon Department of Human Services.

How Telephone Counseling Works

You talk to a counselor when it's convenient for you. You get the individual support you need – Whether you have questions or concerns about quitting, need help to plan for your quit attempt, or want to know how to support someone who is trying to quit. Whatever it is you need, the Quit Line counselor is there for you.

Using the Quit Line

Call the toll-free number and talk to a Quit Line staff person. You will be asked a few questions to find out what your needs are, and then you will get the help that is just right for you. You can get information sent to you in the mail, a counseling session, and a referral to resources in your community.

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