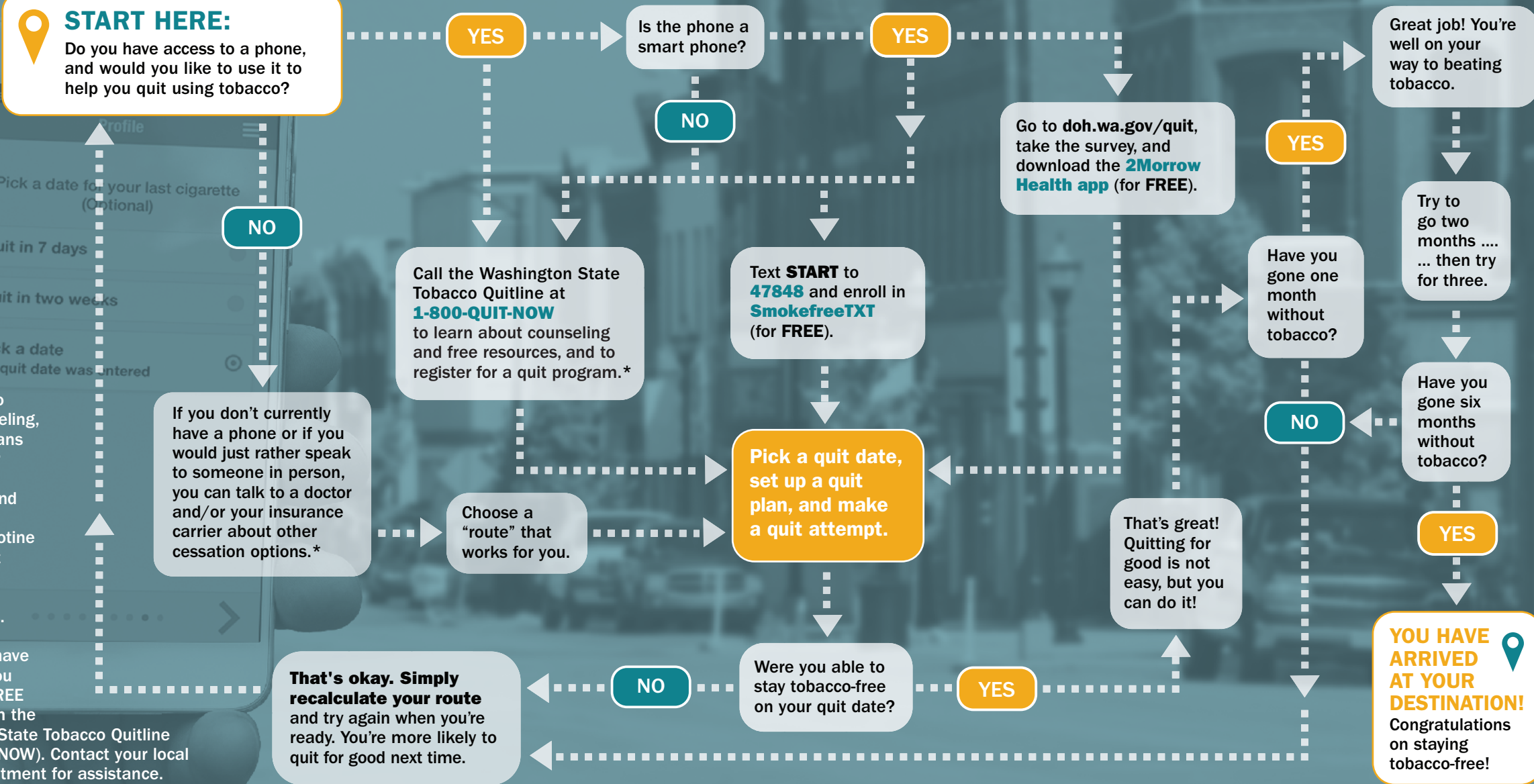


USING A PHONE ON

Your Route to a Tobacco-Free Future

START HERE:
Do you have access to a phone, and would you like to use it to help you quit using tobacco?



* In addition to phone counseling, insurance plans should cover face-to-face counseling and medication, including nicotine replacement therapy and non-nicotine prescriptions.

If you don't have insurance, you qualify for FREE services from the Washington State Tobacco Quitline (1-800-QUIT-NOW). Contact your local health department for assistance.

You can quit tobacco.

The best way to improve your health is to quit smoking. On average, people who smoke die 10 years earlier than people who don't smoke. Within three months of quitting, blood circulation and breathing improve. Just one year after quitting, excess risk of heart disease is cut in half, and the risk of heart attack drops sharply. Ten years after quitting, cancer risk is half of what it was when smoking.

Quitting any tobacco use is difficult because nicotine, a chemical in tobacco, is extremely addictive – similar to cocaine and heroin. That's why it can take several quit attempts to successfully quit tobacco. The more times someone tries to quit, the more likely they are to succeed on their next try.

Ready to try quitting? Tobacco use is expensive, but here are three **FREE** resources that can help you quit:

- **1-800-QUIT-NOW**
- **2Morrow Health app**
- **SmokefreeTXT**

◀ Flip this over to plan your route to a tobacco-free future.



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For people with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TDD/TTY 711).



How will you get to your tobacco-free future?

Smoking is not just bad for you, it's bad for everyone.

You know that using tobacco is harmful – but did you know that smoking can harm other people, too?

When you breathe in smoke from someone burning tobacco (like a cigarette), you are being exposed to second-hand smoke. Second-hand smoke can worsen heart- and lung-related conditions, like high blood pressure and bronchitis, and can cause asthma attacks in young children.

When second-hand smoke particles settle on clothing, walls, and furniture, it becomes third-hand smoke – which is also harmful. Studies show that when people don't smoke inside their home, they can still carry third-hand tobacco smoke particles on their clothes and into their home. These particles can even latch on to skin, and can stay on walls and furniture for many years, worsening chronic diseases and harming the health of children.

Tobacco affects some people more than others.

Tobacco companies spend millions of dollars targeting specific communities and making sure that people in these communities always have access to their products. The fact that tobacco companies target African Americans/Blacks, American Indians/Alaska Natives, Hispanics and Latinos, Asians and Pacific Islanders, veterans, people who identify as LGB,* as well as people with behavioral health concerns, has led to higher rates of tobacco use and related diseases for people in these demographics.

Tobacco companies also target children. You can help prevent your child from using tobacco by talking with them about how tobacco and vapor companies try to create products that will get them hooked on nicotine. Tell them that tobacco and nicotine addiction are harmful to their health and wellbeing.

*Lesbian/Gay/Bisexual

Need more reasons to quit? Quitting offers rewards that you'll notice right away and some that will show up over time.

Right away you'll save the money you spent on tobacco! And here are just a few other benefits you may notice in a short amount of time:

- You can be in smoke-free buildings without having to go outside to smoke.
- Ordinary activities leave you less out of breath (for example, climbing stairs or light housework).
- Your sense of smell returns to normal.
- Food tastes better.
- Your breath, hair, and clothes smell better.
- Your teeth and fingernails stop yellowing.

Quitting also helps stop the damaging effects of tobacco on how you look, including premature wrinkling of your skin, gum disease, and tooth loss.

Source: American Cancer Society (<https://www.cancer.org/healthy/stay-away-from-tobacco/benefits-of-quitting-smoking-over-time.html>)

Get started on your route to a tobacco-free future. ▶