

Ready to Quit?

Contact Nebraska Tobacco Quitline today to get started!

To enroll:

- QuitNow.ne.gov
- 1-800-LUNGUSA (586-4872)

What you receive when you enroll:

Quit Coach® — You will have expert support and assistance whenever you need it, over the phone, from coaches who specialize in helping people quit tobacco.

Quitting Aids — Your quit coach will teach you what type, dose and duration of nicotine substitute or other medication is right for you and teach you how to use it.

Quit Guide — An easy-to-use workbook to help you stick with your quitting plan will be mailed to you.

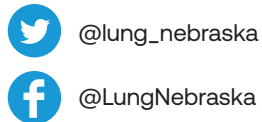


1-800-QUIT-NOW
(1-800-784-8669)
www.QuitNow.ne.gov



11225 Davenport St, Suite 101 | Omaha, NE 68154
Lung HelpLine 1-800-LUNGUSA | Lung.org

Connect with Us:



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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 healthcare provider).
- 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:

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

Thirdhand Smoke:

- Thirdhand smoke refers to the cigarette byproducts that cling to smokers' hair and clothing, as well as household fabrics, carpets and other surfaces.
- Thirdhand smoke is harmful to adults, children and pets.

After You Quit:

20 Minutes	Heart rate drops
12 Hours	Carbon monoxide level in blood drops to normal.
2 Weeks to 3 Months	Heart attack risk begins to drop. Lung function begins to improve.
1 Month to 9 Months	Coughing, sinus congestion, fatigue and shortness of breath decrease.
1 Year	Increased risk of coronary heart disease is half that of a smoker's.
5 Years	Stroke risk is reduced to that of a nonsmoker's five to 15 years after quitting.
10 Years	Lung cancer death rate is about half that of a continuing smoker's. Risk of cancer of the mouth, throat, esophagus, bladder, kidney and pancreas decrease.
15 Years	Risk of coronary heart disease is back to that of a nonsmoker's.



Sources: [cancer.gov](https://www.cancer.gov), [mayoclinic.com](https://www.mayoclinic.com)

Source: 2020 U.S. Surgeon General's Report, *The Health Consequences of Smoking*.