

# When Smokers Quit

**20 minutes:** Heartrate drops

**12 Hours:** Carbon monoxide level in blood drops to normal.

**2-12 Weeks** Lung function improves

**1-9 Months:** Coughing, sinus congestion, fatigue and shortness of breath decrease.

**5 Years:** Stroke risk is reduced.

**15 Years:** Risk of coronary heart disease is back to that of a non-smoker's.

## Benefits of Quitting



Save money



Food tastes better



Lower insurance costs



Whiter teeth



Increased energy

# Tips to Help You Quit

- Set a firm quit date.
- Throw away all tobacco products.
- Pledge to have a tobacco-free home and/or vehicle.
- Set up a good support system.
- Think about what activities you will do when you have a craving.
- Think positive. Cravings only last 3-5 minutes.



1-800-QUIT-NOW  
(1-800-784-8669)  
[www.QuitNow.ne.gov](http://www.QuitNow.ne.gov)



11225 Davenport St, Suite 101 | Omaha, NE 68154  
Lung HelpLine 1-800-LUNGUSA | [Lung.org](http://Lung.org)

## Ready to Quit?

Whether you are thinking about quitting, are not yet ready to quit or have already quit, the Nebraska Tobacco Quitline has a team of expert coaches who can help you with each step of the way.

### What you receive when you enroll:

- Expert phone coach – support available whenever you need it
- eCoach support – web, text messaging and email
- My Quit Journey – an easy-to-follow workbook to help you create a Quit Plan
- Quitting Aids – Quitline’s expert coaches will help you pick the best quit aid for you



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