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Are You Ready to Quit Smoking? IEHP Can Help!

Visit www.iehp.org. Enter “Quit Smoking” in the search bar. This will take you to resources, such as:
- A quit plan
- Online help for quitting
- Support groups

If you don’t have internet access, call us for a list of resources. Call IEHP Member Services at 1-800-440-IEHP (4347) Monday – Friday, 8am – 5pm. TTY users should call 1-800-718-4347.

Start on your plan to quit smoking today!

Fill out the plan on the back page to get started on a healthier life – for you and your family.

Self-Care Guide

IEHP complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call 1-877-273-4347 (TTY: 1-800-718-4347). IEHP cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-273-4347 (TTY: 1-800-718-4347). IEHP 遵守適用的聯邦民權法律規定, 不因種族、 膚色、 民族血統、 年齡、 殘障或性別而歧視任何人。  注意 : 如果您使用繁體中文, 您可以免費獲得語言援助服務。 請致電 1-800-440-4347 (TTY: 1-800-718-4347)。
Why Should You Quit?

You can get on the path to a healthier life. The rewards are priceless – you’re taking action to improve your health and protect loved ones. After you stop smoking…

- Your blood pressure and heart rate begin to drop toward a normal level – in just 20 minutes
- Your risk of heart attack drops in just one day
- You can breathe better in about two weeks
- Your chances of having a stroke, cancer or other “smoker” diseases decrease the longer you don’t smoke
- You help protect your loved ones and others who were exposed to your smoke – called “secondhand smoke.”

The Truth About Secondhand Smoke

The people you live (or work) with can be at risk when exposed to your smoke, known as “secondhand smoke.” Even a very small amount can hurt their health.

Secondhand smoke has more than 4,000 chemicals. More than 60 of these chemicals can cause or increase the risk for cancer, even in people who don’t smoke!

Being around secondhand smoke, even for short periods, can cause:

- Eye, nose and throat irritation
- Coughing and wheezing
- Heart disease
- More problems for people with asthma, bronchitis or allergies
- Pregnant women exposed to secondhand smoke are at more risk of having low birth-weight babies.

Secondhand smoke and children

Children who live with smokers have a higher risk of lung infections. Also, babies who live with smokers have a greater chance of Sudden Infant Death Syndrome (SIDS), the major cause of death in babies age 1 or younger.

Tips to Cope When You Feel Like Smoking

Over time, you formed habits linked to smoking (like smoking after a meal). These are called triggers. Here are tips to help you get past the triggers that lead you to smoke:

- Stay away from places where others will be smoking.
- Chew sugarless gum or eat hard candy, celery, carrots, and other healthy foods – after a meal or other trigger.
- Take a deep breath through your nose and blow out slowly through your mouth. Do this 10 times.
- Take a shower or go for a walk instead – instead of smoking first thing in the morning or after lunch.
- Drink lots of water and avoid alcohol or drinks with caffeine.

Your Quit Smoking Self-Care Plan

For example:

My reasons are:

1. I want to be healthy for myself and my family.
2. I want to save money so I/my family can buy the things we want.
3. I’m tired of planning for my next cigarette.
4. I want to breathe better.
5. I’m tired of my clothes, hair, car, and home smelling like smoke.
6. I want to avoid health problems in the future.
7. I want to stop coughing.

What I Will Do:

1. Talk to my Doctor about the best way for me to quit smoking.
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Being around secondhand smoke, even for short periods, can cause:

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- Heart disease
- Headaches
- Nausea
- More problems for people with asthma, bronchitis or allergies
- Dizziness
- Heart disease
- More problems for pregnant women
- More problems for young children

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What I will do:

Planning helps increase your chance of quitting successfully. Make a list of things used for smoking (like lighters, matches, ash trays, cigarettes, and cigars) and removed you from your home, car, and work environment. Make a list of reasons why you are ready to quit and remind yourself of them when you want to smoke:

- Talk to my doctor about the best way for me to quit smoking.
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- Take a deep breath through your nose and blow out slowly. Do this 10 times.
- Take a shower or go for a walk instead of smoking.
- Make a list of reasons why you are ready to quit for good and remind yourself of them when you want to smoke:

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Your Quit Smoking Self-Care Plan

Planning helps increase your chance of quitting for good. Clear your home, car, and work areas of things used for smoking like lighters, matches, ash trays, cigarettes, and cigars.

Make a list of reasons why you are ready to quit for good and remind yourself of them when you want to smoke:

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Medicine could be prescribed in some cases. Talk to your Doctor.

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Call the helpline today, or visit the No Butts website at [www.nobutts.org](http://www.nobutts.org).
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