



## TOBACCO FREE FLORIDA offers a number of **FREE resources** to help smokers quit.

- These services are available at no cost to tobacco users to help them succeed today
- However you decide to seek help, you will receive proactive coaching sessions, self-help materials and free nicotine replacement therapy\*
- Counseling and materials in English, Spanish and Haitian Creole: translation services for all other languages and TDD service for the hearing impaired

*\*If medically appropriate and 18 years of age or older.*

### QUIT YOUR WAY



#### PHONE QUIT

Talk to a Quit Coach® to help you get started.



#### GROUP QUIT

Get the support you need at one of our group quit sessions.



#### WEB QUIT

Get access to online tools to help you quit.

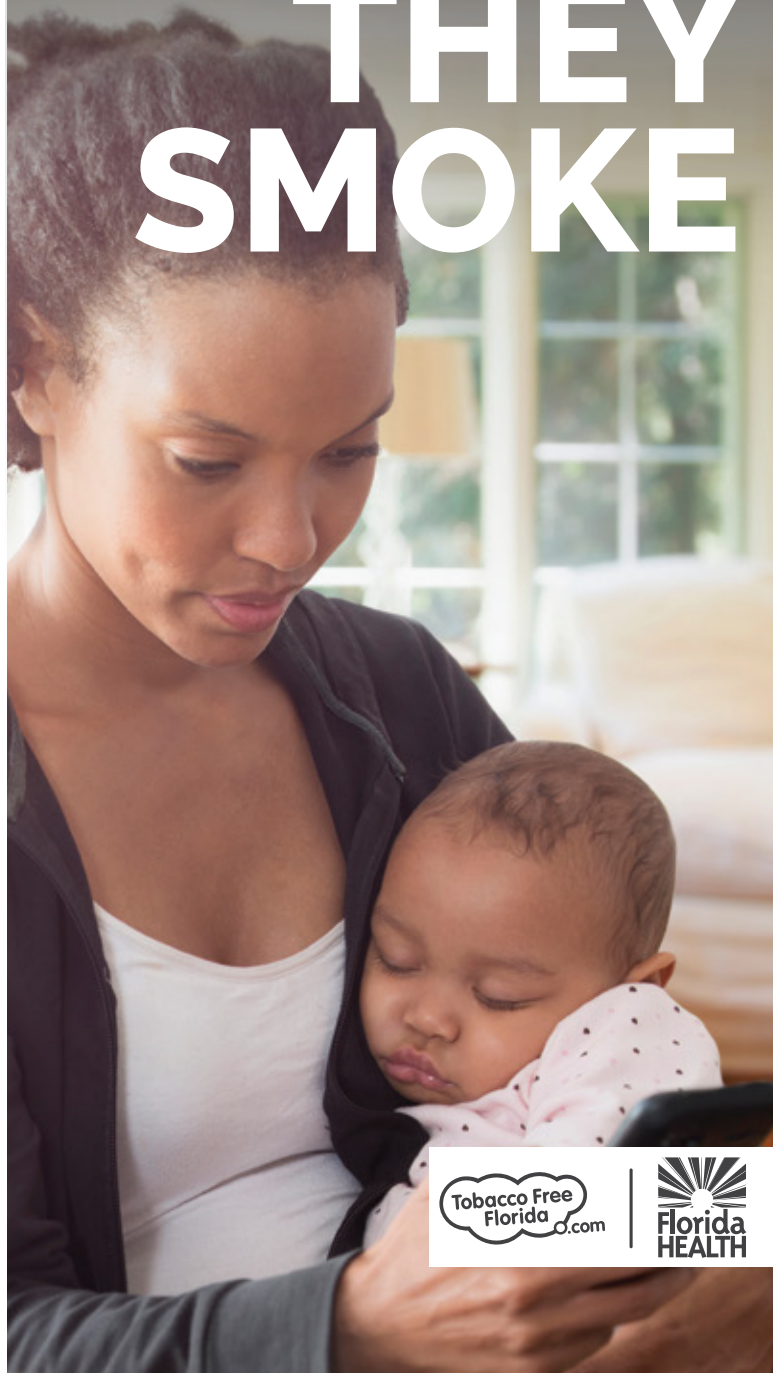


#### MORE QUIT TOOLS

But wait, there are more ways to quit! Choose what you need or use them in addition to our Phone, Group and Web services.

For more information, visit us at  
[tobaccofreeflorida.com/quityourway](http://tobaccofreeflorida.com/quityourway)

# IF YOU SMOKE, THEY SMOKE





<sup>1</sup> U.S. Department of Health and Human Services. The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General. [http://www.cdc.gov/tobacco/data\\_statistics/sgr/sgr\\_2006/index.htm](http://www.cdc.gov/tobacco/data_statistics/sgr/sgr_2006/index.htm)

<sup>2</sup> Center for Disease Control and Prevention. <http://www.cdc.gov/reproductivehealth/TobaccoUsePregnancy>

## MY NEXT STEPS:

I will write down the reasons why I am quitting on \_\_\_\_/\_\_\_\_/\_\_\_\_.

I will make an appointment with my healthcare provider to discuss the quitting process on \_\_\_\_/\_\_\_\_/\_\_\_\_.

I will call Tobacco Free Florida to discuss my options to make my personalized Quit Plan on \_\_\_\_/\_\_\_\_/\_\_\_\_.

My stop-smoking plan begins on \_\_\_\_/\_\_\_\_/\_\_\_\_.

I choose this date because \_\_\_\_\_

\_\_\_\_\_

I will tell my family of my Quit Plan on \_\_\_\_/\_\_\_\_/\_\_\_\_.

The people who have agreed to help me are:

\_\_\_\_\_

I will get rid of all my cigarettes at home, workplace and in my car on \_\_\_\_/\_\_\_\_/\_\_\_\_.

I will get rid of my ashtrays, lighters and everything that can remind me of smoking on \_\_\_\_/\_\_\_\_/\_\_\_\_.

I will start saving money I would have spent on tobacco products on \_\_\_\_/\_\_\_\_/\_\_\_\_.

I will start my exercise program on \_\_\_\_/\_\_\_\_/\_\_\_\_.

I will make an appointment with my dentist to have my teeth cleaned on \_\_\_\_/\_\_\_\_/\_\_\_\_.

- If I am having craving, I will brush my teeth, drink a glass of water or exercise
- If I am having headaches or dizziness, I will sit or lie down and relax by deep breathing slowly
- I keep a stress ball handy with me at all times to keep my hands busy
- I will eat a healthy, balanced diet
- I will always keep in touch with my health care provider for help and support

## BEFORE A CHILD ENTERS YOUR WORLD, REMOVE TOBACCO FROM YOUR LIFE.

**Pregnancy is a wonderful thing.**

It's the first chance a woman has to influence the life of the child she'll soon bring into the world.

Unfortunately, using tobacco can add serious complications and severe consequences you may never have seen coming.

With every puff, a pregnant mother exposes her baby to 2,000 harmful chemicals<sup>1</sup>.

So if you're pregnant, or planning to become pregnant, the time to stop smoking is now.

And even if you're not, remember that almost 50% of pregnancies in Florida are unplanned.

**It's never too early to quit.**

### If you smoke while you're pregnant:

- You lower the amount of oxygen and nourishment for your developing baby
- You increase the risk of having a miscarriage or stillbirth
- Your baby could be born too small and could have breathing and other health problems
- Your baby is three times more likely to be born early<sup>1</sup>
- Your baby is at increased risk of dying without warning from SIDS (Sudden Infant Death Syndrome)
- Your baby is at increased risk of cleft lip or palate and childhood leukemia<sup>2</sup>
- Your baby could have brain dysfunction and mental retardation

## EVEN IF YOU'RE NOT SMOKING:

You, your unborn child and anyone else can be at risk if you are exposed to secondhand smoke (SHS). Stay away from places where people are smoking. SHS comes from smoke of a burning cigarette, cigar or pipe and smoke exhaled by the smoker. SHS contains 2,000 chemicals and 60 of these cause cancer. These chemicals cling to rugs, curtains, clothes, food and other materials, and can remain a threat inside your house or car for a long time.

## If you, your baby or child are exposed to SHS:

- The risk of having lung cancer, heart disease and chronic lung disease increases
- The risk of blood clots that can lead to heart attacks and stroke increases
- The heart rate increases and damages your heart muscle
- Your baby or child can have bronchitis, pneumonia and upper respiratory infections
- Your baby or child's cognitive outcomes are affected, resulting in deficits in reading and comprehension, math skills, visual discrimination, memory and reasoning
- Your baby or child may suffer from more frequent hospitalization, causing physical hardships for them and financial hardship for your family
- Your unborn baby is more likely to have infections
- Your unborn baby is more likely to have other health problems

**Believe in yourself.  
You can do it.**

## Keep in mind...

- No amount of smoking is safe
- Quitting is one of the best things you can do for yourself and your baby
- Your doctor or other health care providers can help you develop a plan to stop smoking
- Pregnant women who smoke are also eligible for Healthy Start services. To locate Healthy Start services in your area, go to [www.healthystartflorida.com](http://www.healthystartflorida.com)

## QUIT YOUR WAY

### Phone Quit

- Call 1 (877) 822-6669
- Customized plan
- 3 calls from a Quit Coach
- 2 weeks of nicotine patches or gum

### Group Quit

- Led by a trained specialist
- Convenient times and locations
- Group support
- 2 to 4 weeks of nicotine patches, gum or lozenges

### Web Quit

- Track your progress
- Blogs
- 2 weeks of nicotine patches or gum

### More Quit Tools

- Texting support
- Quit Guide & helpful emails
- 2 weeks of nicotine patches

All services are available 24 hours a day, 7 days a week.