

**Need help to quit?
Call Today.**

1-800-207-1230

THE MAINE TOBACCO HELPLINE

**It's free and confidential.
And it works.**



Funded with tobacco settlement money from the Fund for a Healthy Maine through the Partnership For A Tobacco-Free Maine, Bureau of Health, Maine Department of Health and Human Services.



John Elias Baldacci, Governor
John R. Nicholas, Commissioner
Appropriation #014-10A-9922-022-4199

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Quit for your kids.



How to quit smoking.





Tips for Quitting

Quitting smoking helps everyone in your family.

Your kids will no longer have to breathe your secondhand smoke. They will become healthier, with fewer ear infections, sore throats, colds, and allergies. Your home will be even safer from fire, which is often caused by a lit cigarette.

QUITTING MAKES YOU A GOOD ROLE MODEL.

Research shows that a teenager whose parents smoke is more than twice as likely to smoke as a teen whose parents don't smoke. In families where even one parent smokes, kids are also more likely to begin using tobacco. And the younger the child is when parents quit, the less chance their kids will smoke.

YOUR HEALTH WILL IMPROVE ALMOST IMMEDIATELY.

Twenty minutes after your last cigarette, your blood pressure drops to normal. So does your pulse. In two weeks, your circulation improves. In a year, your risk of heart disease is half of a smoker's. In five years, your risk of lung cancer is half.

It's all possible by quitting smoking.

- Keep quitting. It may take several tries, but that's usually the case. Quitting smoking is one of the toughest things anyone can do. Just keep at it until you succeed.
- Pick a date and stick to it. Don't smoke on that day, no matter what.
- Ask your family to help. Turn to them when you feel the need to smoke. Your friends can be a good source of support, too.
- Ask your friends and family not to smoke around you. And ask that no one smoke in your home or car.
- Throw out the ashtrays, the cigarettes, and the matches. If smoking was part of a regular routine, change something about the routine.
- If this isn't your first time quitting, think about what tripped you up before. Make a plan to get around it.
- Make a list of reasons for quitting, including your children's names. Carry it with you. When you want to smoke, look at it.
- Put away the money you would spend for cigarettes. If you smoke a pack a day, stopping could save you \$1,000 at the end of the year. Use some of it to reward yourself.
- Exercise. A simple walk outdoors can help you feel better.
- Go to smoke-free places to stop you from lighting up. Try a restaurant, a movie theater, or a library. If you can, avoid any place where there's smoking.
- Keep busy. If you can keep your mind off cigarettes, you stand a better chance. Work around your house or pursue your favorite hobby.
- Talk to your doctor about quitting aids. Besides nicotine patches, there are also other medications.
- Smoking is a powerful addiction, but you can break it. The urge to smoke will pass. Be patient. Your life will go on—for the better.