

## Call the QuitLine

Call **1-800-QUIT-NOW** to speak to a quit coach any time seven days a week.

The QuitLine has services in English, Spanish and for the Deaf and Hard of Hearing Community (TTY 1-877-777-6534).

## Visit Idaho Quitnow.net

<http://www.quitnow.net/idaho>

Read what others say about how they used the Quitnow.net to help them stop smoking! On the Quitnow.net you'll find a community of friendly people who will support you and help you quit.



Read with a smartphone QR Code reader and launch the [Quitnow.net/idaho](http://www.quitnow.net/idaho) website.

## Call the 2-1-1 Idaho CareLine

Call **2-1-1** (dial 2-1-1 or 1-800-926-2588) to find classes nearby to help you quit using tobacco. Your local health district provides classes at no charge.

In these group classes you'll learn:

- Information and tips on how to quit
- New coping skills
- Nutrition and physical activity tips to help avoid weight gain
- Tips on how to manage your stress

## Visit [www.projectfilter.org](http://www.projectfilter.org)

Go online to [www.projectfilter.org](http://www.projectfilter.org) to learn more about what the Idaho Tobacco Prevention and Control Program is doing to help Idahoans stop using tobacco.



The Idaho QuitLine and Quitnow.net are programs of the Idaho Tobacco Prevention and Control Program at the Idaho Department of Health and Welfare. No tax dollars are involved and no fees are charged to people who call the QuitLine or log onto Quitnow.net.

This publication was supported by Grant/Cooperative Agreement Number 523056 from CDC. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.

February 2013



I CANT  
I CAN  
I QUIT

And you win.

Yes, you can win the fight against tobacco!

**PROJECT FILTER**  
IDAHO FIGHTS TOBACCO  
PROJECTFILTER.ORG

## A Quitting Plan Can Help!

If you know what's ahead of you and you're prepared, it will help make quitting easier. Here are some tips:

1. Pick a quit date.
2. Get support from family and friends.
3. Learn how to cope with urges, like finding something else to do when you want a cigarette or chewing tobacco.
4. If you decide to use a nicotine replacement product, get coaching on how to use the medication.
5. Be prepared for difficult moments during your quitting process.

### The Dollar Cost of Smoking

If you're a 1-pack-a-day smoker, here's what you spend:

- 1 day = \$4.79
- 1 week = \$33.53
- 1 month = \$143.70
- 1 year = \$1,748.35
- 5 years = \$8,741.75



## Free Help From the Idaho QuitLine

**1-800-Quit-Now (1-800-784-8669)**

The QuitLine is a toll-free number that lets you talk directly to expert coaches. You'll get private counseling, support and advice on creating your quit plan. You'll learn how to develop skills to break your tobacco habits. You can talk to a live person who will help you decide which quitting products or medications will work for you.

## Free Help Online At Quitnow.net

**[www.quitnow.net/idaho](http://www.quitnow.net/idaho)**

Quitnow.net/idaho is Project Filter's web-based quit program.

You'll find these quitting tools on the site:

- **Quitting Aids** help you decide what type, dose and schedule of nicotine replacement or other medication is right for you;
- A **Quit Guide** workbook helps you stick with your Quitting Plan;
- **Quit Coach**® gives you expert phone support and assistance whenever you need it;
- **Web Coach**® gives you access to a private, online community where you can watch videos, track your progress, and join in discussions with others in the program.

## Quitting Offers Many Benefits!

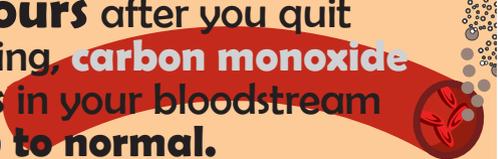
**20 minutes** after you quit smoking, **blood pressure decreases**



**8 hours** after you quit smoking, **blood oxygen returns to normal**



**12 hours** after you quit smoking, **carbon monoxide levels in your bloodstream drop to normal.**



**3 months** after you quit smoking, **your lungs work better by up to 30 percent**



**1 year** after you quit smoking, **your risk of heart attack drops by half**

