



Strategies to help you quit tobacco

Yes, I use tobacco, and I want to quit.

Quitting can be hard. You may have already tried to quit before. But you can double your chances of quitting for good by calling QuitlineNC and signing up with a Quit Coach. QuitlineNC is free of charge and available 24 hours a day, seven days a week.



Yes, I use tobacco, but I don't smoke all the time.

Some people think that if they don't smoke much, it's not a problem. There really is no safe amount of smoking. Even small amounts can hurt you. Do your health a favor and quit.

Yes, sometimes people smoke around me or my children.

If people smoke around you, you are being exposed to secondhand smoke coming from the burning end of a cigarette, pipe or cigar. Secondhand smoke is not safe and can make you sick. Even low levels can harm your health or the health of your child(ren). It causes some problems and makes others worse:

- Asthma Bronchitis
- Allergies Ear and eye infections
- Sudden Infant Death Syndrome (SIDS)

What can I do to protect my family?

- o Make your home and car smoke-free zones. No one should ever smoke inside your home or car.
- o Protect your health and the health of your child(ren) – avoid places where smoking is allowed.

FACT: Tobacco smoke contains more than 4,000 chemicals, and at least 250 of them are harmful to your health. There is hardly a part of the human body that's not affected by the chemicals in tobacco!

How tobacco harms you

