

Being Healthier, Breathing Easier

- ✦ A person within 20 inches of a burning cigarette may inhale 10 times more cancer-causing chemicals than the person who smokes.
- ✦ Breath cleaner air. If you smoke, avoid your own sidestream smoke — this is the smoke that comes off the unfiltered end of the cigarette.
- ✦ Keep children's areas free from smoke, including vehicles. Smoke outside or choose a separate room or other place as your smoking space. Also, children learn by observing — it's best to avoid smoking around them.
- ✦ If you are parenting, pregnant or breastfeeding, cutting down or quitting will improve the health of you and your baby. The longer you can go without smoking before nursing, the better. It's best to wait at least an hour after smoking before nursing.
- ✦ Create a healthier lifestyle. Eat well, get more physical activity, and manage your stress, even if you use tobacco. Even doing simple things, like adding a new healthy food to your diet, starting a walking program, or using deep breathing may help to lessen the harm caused by tobacco and helps you feel better.

Public Health... Everyday, Everywhere, Everyone

How to Support Someone Who is Quitting Tobacco

- ✓ *Let him/her know you care, no matter what they decide about quitting, and ask how you can be a support.*
- ✓ *Avoid nagging and threats. It usually makes him/her stressed and more likely to smoke.*
- ✓ *Consider what it would be like to be a smoker struggling to quit today. Many smokers don't have someone who understands how hard it is to help them quit. A little empathy from you can go a long way.*
- ✓ *When he/she is ready to quit, ask how you can help.*
- ✓ *Be honest with him/her about how you feel, without nagging, and do what you need to do for yourself.*

Jefferson County Public Health

(303) 232-6301
www.jeffco.us/health

May 2011



So You Smoke...

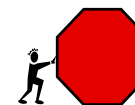
Are you...



ready to quit?



thinking about
quitting?



not thinking about
quitting?

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I am not thinking about quitting.



✓ Pay attention to when and why you use tobacco.

Many smokers discover that they smoke if they are hungry, tired or stressed. Knowing this may help you begin to meet your true needs better, rather than reaching for a cigarette.

✓ Do more things for yourself that are healthy.

If you like being physically active, do it more. Eat nutritious food more often, practice stress reducing activities, and drink lots of water. By taking better care of yourself, you may reduce your smoking or you may even want to quit.

✓ Learn more about being healthier.

Come to **Support for People Who Smoke**. This FREE one-hour class is offered monthly. The class will help you learn about your tobacco use so that you can begin to find other ways to manage stress, deal with boredom, etc. The class is **open to everyone, but has been designed especially to meet the needs of pregnant women, new parents and their supportive others.**

I am thinking about quitting.



✦ Learn about your smoking and how you've used it to meet your needs.

Read, write and talk about smoking and quitting so you can start preparing to quit.

✦ Increase non-smoking activities.

Practice not smoking for brief periods of time or in certain situations. Instead of smoking to reduce stress, participate in physical activities or hobbies, or practice deep breathing exercises.

✦ Talk to others about your intent to quit smoking.


Find supportive people in your life and let them know how they can help you! Avoid or address those who may get in the way of your quitting.

✦ Learn more about getting ready to quit.

Come to **Getting Ready to Quit**. This FREE class is offered the 2nd Thursday of every month. It will help you design your own approach to cutting down or quitting. The focus is on gaining the skills to have greater health, confidence and success with being tobacco-free.

Supportive others are welcome to attend!

I am ready to quit tobacco.



Picture what it would be like to be a person who doesn't use tobacco.

- Notice what you do when you are not smoking/chewing.
- Set a goal to quit.
- Decide whether you want to quit cold turkey or by cutting down.

Avoid places and situations that trigger smoking.

- Avoid areas where you usually smoke.
- If you usually smoke in a place where you will still spend time, like a room in your home, try rearranging the furniture.

If you slip, don't give up!

- Keep in mind your reasons for quitting.
- Keep a list of the reasons you want to quit and re-read that list.
- Ask a supportive person to remind you why you want to quit.

For more information about
Support for People Who Smoke
call 303-275-7555

For more information about
Getting Ready to Quit
call 303-275-7555

COLORADO
QuitLine™ Colorado's free support for quitting
Be tobacco free

1.800.QUIT.NOW

(1-800-784-8669) / www.coquitline.org

For other quit resources and services,
call 303-275-7555

All Programs Are Available to Anyone Using Tobacco