

6 Tips to Quit Smoking

- ★ Don't hide any cigarettes
- ★ Get rid of ashtrays
- ★ Identify your triggers
- ★ Create a personal Quit Plan
- ★ Drink lots of water
- ★ Seek help or counseling

Quit Smoking Resources Get Help to Quit by Phone and Online

1-800-QUIT-NOW

A free, phone-based service with educational materials, coaches, a quit plan, and referrals to local resources to help you quit tobacco use.

1-855-DÉJELO-YA (1-855-335-3569)

A free, phone-based service to help Spanish speakers quit tobacco use.

Tips From Former Smokers

www.cdc.gov/tobacco/campaign/tips

This CDC campaign website lets you view the ads, learn more about the people featured and their health conditions, and access quit-smoking resources.

BeTobaccoFree.gov

This HHS website provides one-stop access to tobacco-related information, including information about quitting tobacco use, from its various agencies.

Smokefree.gov

A website that provides free, accurate information and assistance to help you quit smoking and stay tobacco-free.



BreatheDC
Breathe Healthy. Every Breath Counts.

Tobacco Cessation Services



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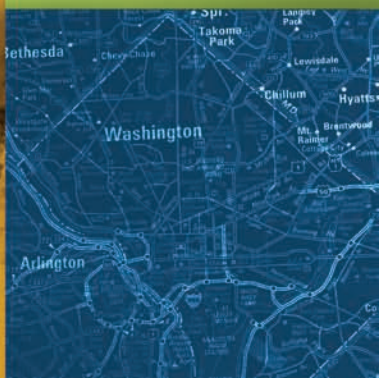
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www.breathedc.org

☎ (202) 574-6789

📘 dcbreathe

🐦 @breathedc



What we know about smoking

- Smoking is the most preventable cause of death and disease in the United States.
- Cigarette smoking causes 1 out of 5 deaths in the United States¹.
- Smoking causes lung cancer and heart attacks. About 90% of lung cancer cases in the United States are caused by smoking.
- Cigarette smoke is an asthma trigger and a major cause of indoor air pollution.

¹ Centers for Disease Control and Prevention, 2014.

Benefits of Quitting

**20
minutes**

Your blood pressure, pulse rate and the temperature of your hands and feet return to normal.

**12
hours**

The carbon monoxide in your body decreases to lower levels.

**24
hours**

Anxious feelings start to return to near pre-smoking levels.

**2 to 4
weeks**

Anger, anxiety, impatience, insomnia, restlessness and depression due to quitting should end.

One year

Your risk of heart disease, heart attack and stroke should drop to less than half of that of a smoker.

We can help you declare victory over smoking.

BREATHE DC CESSATION SERVICES

Pathways to Freedom Smoking Cessation Groups

Pathways to Freedom is recognized by the Centers for Disease Control and Prevention (CDC) as a program that is proven to help smokers quit. Each participant creates their own unique plan to quit smoking, and they receive support and education from the facilitator and support one another on their journey to quit smoking.

One-on-One Quit Smoking Counseling

One-on-One counseling offers the most personal support to quit smoking. The counselor designs a program for each person's unique needs. Counseling builds your confidence and empowers you to quit. Counseling is typically done at the Breathe DC office, and in some special cases, via telephone.

Text Messaging Program

Text messaging is an effective tool to support smoking cessation. Daily messages help encourage quitting. The text messages are positive re-enforcement as you take steps to quit smoking and a constant reminder that you have support on your journey to quit.

Want help to quit smoking?

Contact Breathe DC

phone: 202.574.6789

email: info@breathedc.org

**GET FREE HELP TO QUIT
1-800-QUIT NOW**

