

BE A NON-SMOKER

Why quit smoking?

The chemicals in tobacco can damage your lungs, heart, and other body parts. Smoking makes you smell bad. Smoking is expensive and makes you look old faster. The smoke from the cigarettes, cigars, and pipes can also harm the health of loved ones around you.

Benefits

Quitting smoking can help you...

Feel healthier
Breathe easier
Smell better
Taste better
Save money



By becoming a non-smoker, you **WON'T...**

Have as many colds or earaches.

Always need a nicotine fix.

Have smelly hair or clothes.

Harm the health of loved ones around you.

Pollute the air.

Tips to become a non-smoker

Set a date to quit and stick to it.

Tell your friends and family you are trying to quit smoking.

Throw out your cigarettes, cigars, and pipes.

Breathe deeply for two minutes when a craving hits.

Drink plenty of liquids (water & cranberry juice are good) to flush the tobacco chemicals out of your body.



If you want help to quit smoking, call the California Smokers' Helpline at 1-800-NO-BUTTS for free telephone counseling.