

# Why Quit Smoking?

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- Save Money! 1 pack a day for 1 year  
= **\$2,847**

- People who stop smoking live longer than people who keep smoking.
- Quitting lowers your chance of dying from cancer, heart attack, and stroke.



- Quitting helps stop children around you from getting asthma and serious infections.
- Children are more likely to smoke if their parents smoke.

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Call **1-800-784-8669** or talk to your caseworker to learn how to quit.

Interpretation is available

# Betel Quid

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Chewing betel quid, even without tobacco, can cause mouth and esophagus cancer.



Using tobacco can damage your mouth, throat, lungs, heart, blood vessels, and reproductive organs.

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Chewing betel quid can lead to OSF, a disease which makes it difficult to open your mouth.

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Chewing betel quid makes it harder to have a healthy baby.



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**95** Years  
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# Smoking and Your Children

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## Pregnancy

- Smoking makes it harder to get pregnant.
- Smoking during pregnancy increases the chance of having a risky pregnancy or a miscarriage.
- Smoking during pregnancy increases the risk of your baby having certain birth defects, weaker lungs and dying from Sudden Infant Death Syndrome.
- Living with people who smoke is just as dangerous for pregnant women, babies and children.

## Babies and Children

- Babies exposed to smoke in the air or on someone's cloth to
  - die from SIDS.
  - have serious chest infections like pneumonia
  - go to the hospital.
- Babies and Children exposed to smoke are more likely to
  - develop serious ear, chest, and other infections.
  - develop asthma.
  - miss school because they are sick.
- Accidentally eating cigarettes and cigarette ash can make children very sick.
- Matches, lighters, cigarettes, and cigarette ash
  - put your children at risk of burns.
  - put your house at risk of fires.



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# Tips for Helping a Loved One Quit

Smoking isn't a bad habit, it's an addiction. It takes time for cravings to go away and usually takes a few tries to quit for good.

**Most people quit with the help of family and friends.**

## Before

- Start the conversation about quitting
- Ask open ended questions to understand what they are going through
- Listen
- Encourage them to talk to a their case-worker or a doctor
- Help them set a quit date and prepare to quit by
  - Finding out what triggers their smoking
  - Throwing out tobacco products like lighters and ash trays
  - Wash things that smell like smoke
  - Planning distracting activities and things to do to relax



## During

- Ask them how they are doing
- If you smoke, don't smoke around them
- Provide distractions with smoke free activities
  - Go on a walk
  - Play a game
  - Cook a meal
  - Fresh vegetables, gum, or straws to chew on
  - Go to places where you aren't allowed to smoke
- Help them find ways to de-stress
  - Color
  - Watch a sunset
  - Exercise
  - Take deep breaths, meditate, pray, do yoga
  - Help out with chores or childcare
- Help them overcome cravings by
  - Drinking water
  - Chewing on gum
  - Holding a straw or toothpick in their mouth
  - Play with a rubber band, a ball, or other small toy
- If they slip up
  - Remind them that they haven't failed
  - Praise them for trying
  - Encourage them to keep going!

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# Tips for Quitting

Smoking isn't a bad habit, it's an addiction.

**You are more likely to quit if you use quit smoking medication and talk to a counselor.**

## **Before**

- Make a list of reasons to quit that you can look at later during cravings
- Choose a quit date
- Figure out what triggers you to smoke
- Plan way to avoid or cope with triggers
- Throw out things like lighters and ashtrays
- Wash anything that smells like smoke
- Tells loved ones you want to quit so they can help you
- Ask them not to smoke around you while you quit



## **During**

### **Delay giving into your craving**

- tell yourself you have to wait for 10 minutes and find something to distract yourself by
  - cooking, going on a walk, reading, watching TV, calling a friend can all distract you
- distract yourself by doing activities in smoke free spaces (like libraries)

### **Get support**

- From family and friends
- Phone counselor

### **Give your mouth something to do during a craving**

- Chew on raw vegetables, nuts, candy, gum, straws, toothpicks

### **Find ways to deal with stress**

- Deep-breathing, praying, yoga, exercise, meditating, go on walks, coloring
- Ask for help from loved ones with things that add to stress like chores and childcare

### **Find ways to be physically active**

- It can make the cravings less intense

### **Smoking one cigarette doesn't mean you failed**

- Think about why you want to quit
- Figure out what made you slip up and how to avoid it in the future

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# Shisha

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The water in a shisha pipe doesn't make the tobacco any less dangerous.

Using tobacco can damage your mouth, throat, lungs, heart, blood vessels, and reproductive organs.



Using tobacco or being around smoke makes it harder to have a health baby.



Smoking shisha is just as dangerous as smoking cigarettes.



Breathing in smoke or being near smoky things is poisonous for everyone, especially children.



You breathe in about 25 times more smoke from smoking shisha than a cigarette.

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