

READY TO QUIT?

Your FIRST DAY

1. Throw away all your cigarettes, lighters and ashtrays; or all your chew tobacco.
2. You will feel the urge to smoke or chew, but it usually passes in 2-3 minutes. When you feel the urge, do something else. Take deep breaths and let them out slowly. Drink a glass of water.
3. Carry things to put in your mouth, like gum, hard candy or toothpicks.
4. Keep busy: Go to the movies, ride your bike, walk the dog, play video games, call a friend.
5. Go to places where you're not allowed to smoke, like the movies or the mall.

When you quit smoking/chewing, you may have to put up with some stuff like bad nerves and crabbiness for awhile. That's because tobacco contains nicotine — a drug — and smokers/chewers get hooked on nicotine. When you quit, your body craves nicotine and you feel withdrawal symptoms.

The withdrawal symptoms usually last for 1—2 weeks after you quit. After that, your body begins to forget about nicotine and you start feeling better. For some people—like heavy smokers—the symptoms may be tougher and last longer.

Even after the withdrawal symptoms are gone, there will be times you'll still want to smoke/chew. That's because nicotine is a powerful addiction. Even after you quit, you can get hooked again with just a few cigarettes. The only way to be safe is to become a nonsmoker/chewer—for good.

HOW DO I HANDLE WITHDRAWAL SYSTEMS?

- **GROUCHY/NERVOUS:** Exercise. Walk the dog. Keep busy.
 - **HEADACHES/DIZZINESS:** Take deep breaths. Exercise.
 - **TIRED:** Take naps and get plenty of rest.
 - **DRY MOUTH/SORE THROAT:** Drink cold water or juice. Chew gum.
 - **THE BLUES:** You may get depressed and feel like crying. These feelings will pass. Until they do, call a friend or someone else who understands.
 - **PIGGING OUT:** When people quit smoking, they need something else to do, so they eat. If you don't want to gain weight, try these things:
 - Eat regular meals. Don't just eat whatever or whenever you feel like it.
 - Don't eat lots of candy and sweet stuff. Try sugarless gum, fresh fruit, popcorn and vegetable sticks.
 - Drink extra water, especially at meals.
 - Keep active—take walks, shoot baskets, ride your bike.
- REMEMBER:** Withdrawal symptoms only last a little while. And they're better than dying from something like lung cancer or a heart attack.

Tobacco Use Prevention Education "TUPE"

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TOBACCO KILLS

Get The REAL Facts



The following information is brought to you by the :

Office of Larry E. Reider
Kern County Superintendent of Schools
Advocates for Children

Tobacco Use Prevention Education
"TUPE" Programs, through the

**Kern County Substance
Abuse Prevention
Education (KCSAPE)
Partnership**

TOBACCO USE PREVENTION EDUCATION

TOBACCO USE PREVENTION AND HELP TO QUIT SMOKING WEB RESOURCES

American Cancer Society on Quitting
Smoking: www.cancer.org

American Lung Association Fact Sheet on
Smoking Cessation: www.lungusa.org

American Heart Association Smoking
Cessation Guide:
www.americanheart.org

California Smokers' Help Hotline:
www.californiasmokershelpline.org

QUITNET[®]
QUIT ALL TOGETHER
www.quitnet.com

Deaths in California from Smoking

- Adults who die each year from their own smoking: **38,200**
- Kids now under 18 and alive in California who will ultimately die prematurely from smoking: **637,000**
- Adults, children, & babies who die each year from secondhand smoke & smoking during pregnancy : **3,230 to 5,740**

Tobacco Use in California

- High school students who smoke: **21.6% (423,500)**
- Male high school students who use smokeless or spit tobacco: **7.5% (females' use much lower)**
- Kids (under 18) who become new daily smokers each year: **74,600**
- Kids exposed to secondhand smoke at home: **1,114,000**
- Packs of cigarettes bought or smoked by kids each year: **106.0 million**
- Adults in California who smoke: **16.4% (4,037,900)**

**See your school
Principal or
Counselor for further
information or call
1-800-NO-BUTTS
FREE Help to Quit!**



WEBSITE RESOURCE INFORMATION USED IN THIS BROCHURE

www.cdc.gov/tobacco
www.tobaccofreekids.org
www.cancer.org

Chew and dip are NOT safe — they contain poisons that can cause sores and cancers in your mouth.

Chew is twice as addictive as cigarettes!

If You're Sick Of

1. Coughing all the time.
2. Smelling like an ashtray.
3. Spending your money on cigarettes.
4. People hassling you about smoking.
5. Hurting your health.
6. Cigarettes screwing up your life...

You're Ready to Quit!

When you're ready to quit, set a "quit date." Tell everybody when you're going to stop smoking.

TIP: Quitting chewing tobacco and snuff is a lot like stopping smoking. These tips can help you if you want to quit using "spit" tobacco!