

Datalizer Curve 8-25-14
17-17846 • Golin • 6/17 • sg

Black Cyan Magenta Yellow 299 Blue

DAY

☐

WEEK

☐

MONTH

☐

1 YEAR

☐

5 YEARS

☐

10 YEARS

☐

20 YEARS

☐

30 YEARS

☐

**QUITTING TOBACCO
BENEFITS YOUR HEALTH
AND YOUR SAVINGS.**

NUMBER OF PACKS A DAY

1/2 1 1 1/2 2 2 1/2 3



3/4" GLUE AREA - NO COPY OR VARNISH

tobaccofreeflorida.com

**Quitting Can Help
Reverse the Damage**

IN 3 MONTHS,
your lung function improves up to 30%.

IN 1 YEAR,
your risk of heart attack is cut in half.

IN 2-5 YEARS,
your stroke risk falls to that
of a nonsmoker's.

IN 5 YEARS,
your risk of cancers of the mouth,
throat, esophagus and bladder is cut
in half. Cervical cancer risk falls to that
of a nonsmoker's.

IN 10 YEARS,
your risk of dying from lung cancer
is about half that of a smoker's.

IN 15 YEARS,
your risk of coronary heart disease
is that of a nonsmoker's.

FOR MORE INFORMATION:

tobaccofreeflorida.com/quityourway

1-877-U-CAN-NOW

1-877 (822-6669)

1-877-777-6534 TTY/TDD

QUIT TIPS

When bored

☐

When driving

☐

In social
situations

☐

After meals

☐

When stressed

☐

When having a
strong craving

☐

When hungry

☐

Pantone Purple does not plate



Black
17-17802 • Golin • 5/17 • NC



GRIPPER

GRIPPER

GRIPPER

GRIPPER

3 x 5-1/2 Bearers



Pantone Purple does not plate



Drink lots of water. Enjoy healthy snacks like carrots and celery, fruits, and nuts. Have sugar-free gum or mints handy for when cravings kick in.

Remember the FOUR Ds. (1) DELAY - strong urges last a few minutes so wait it out. (2) DEEP breath - to relieve the urge and fill your lungs with oxygen. (3) DRINK - lots of water instead of caffeine or alcohol. (4) DO - something else to take your mind off of the urge to smoke.



Go for a walk or exercise, which increases endorphins and boosts your mood. Breathing exercises and meditation also helps.

Brush your teeth or use mouthwash directly after a meal. Keep your mind and hands busy by helping with the dishes, walking the dog, playing cards, etc.

Avoid alcohol when you first quit and try to avoid places where there will be smoking like bars, nightclubs and the outdoor areas of restaurants that permit smoking.

Remove the car's cigarette lighter. Remove the car's ashtray or put something else in it like loose change. Add a new air freshener or have the inside of the car cleaned.

Call or text a friend or family member. Tackle chores or pick up a hobby that keeps your hands busy. Exercise or run errands.

PUSH/PULL





Pantone Purple does not plate



3 x 5-1/2 Bearers

GRIPPER

GRIPPER

GRIPPER

GRIPPER



Black 032Red
15-17094 • Golin • 5/15 • NC



\$32,631 \$65,153 \$97,784 \$130,305 \$162,936 \$195,458

\$21,754 \$43,435 \$65,189 \$86,870 \$108,624 \$130,305

\$10,877 \$21,718 \$32,595 \$43,435 \$54,312 \$65,153

\$5,439 \$10,859 \$16,298 \$21,718 \$27,156 \$32,577

\$1,088 \$2,172 \$3,260 \$4,344 \$5,432 \$6,516

\$90 \$179 \$268 \$357 \$447 \$536

\$21 \$42 \$63 \$84 \$105 \$125

\$3 \$6 \$9 \$12 \$15 \$18

PULL

