Health Benefits of Quitting Smoking…

Within 20 minutes:
- Blood pressure and heart rate decrease.

Within 12 hours:
- Carbon monoxide in blood decreases to normal levels.

Within 2 weeks to 3 months:
- Heart attack risk begins to drop.
- Lung function is improving

Within 1 to 9 months:
- Coughing and shortness of breath decreases.

Within 1 year:
- Added risk of coronary heart risk is half that of a person who smokes.

Within 5-15 years:
- Stroke risk is reduced to that of a non-smoker.

Tips To Help You Quit…

- Get rid of all cigarettes and ashtrays in your home, car and/or workplace
- Ask your family, friends and coworkers for support
- Breathe in deeply when you feel an urge to smoke
- Keep yourself busy with other hobbies
- Make a list of reasons why you want to quit
- Reward yourself once you quit (movie, trip, new outfit, etc.)

Tobacco FACTS

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**2004, The health consequences of smoking: a report of the Surgeon General, Dept. of Health and Human Services, CDC

Made Possible by funding from the Department of Health & Human Services through the Los Angeles County Department of Public Health

City of Long Beach
Department of Health & Human Services
Tobacco Education Program

Tel: (562) 570-7950
Fax: (562) 570-8124
http://www.longbeach.gov/health/health_promotion/tobacco_education_program.asp

City of Long Beach
Department of Health & Human Services
Tobacco Education Program
3820 Cherry Avenue
Long Beach, CA 90807
(562) 570-7950
The Long Beach Tobacco Education Program does not currently offer classes, but we urge you to use these resources:

**California Smokers’ Help Line**
Free Telephone Counseling Services

1-800-NO-BUTTS
(1-800-662-8887)
1-800-456-6386 (Spanish)
1-800-400-0866 (Chinese)
1-800-556-5564 (Korean)
1-800-933-4TDD (Hearing Impaired)
1-800-844-CHEW (Chewer’s Helpline)

(If you are pregnant, please let the helpline know when you call for special assistance.)

**Nicotine Replacement Therapy**

If you have public or private health insurance you may be able to get products to help you quit smoking:
1. Talk to your doctor and explain that you want help quitting smoking.
2. Call California Smokers’ Helpline: 1-800-NO-BUTTS. You will receive a certificate once you complete the telephone counseling.
3. Take the Helpline certificate and your doctor’s prescription to your pharmacist to receive free products to help you quit smoking.

**Nicotine Anonymous Meetings**
For Telephone Information Regarding Meetings Call: 1-800-642-0666

**All Saints Episcopal Church**
346 Termino Avenue
Long Beach, CA 90803
(562) 427-8595
Monday 6:00-7:30 pm

**Intercity Fellowship**
5881 Cherry Avenue
Long Beach, CA 90805
(562) 428-0443
Saturday 9:00 am

**Flossie Lewis Center**
351 E. 6th Street
Long Beach, CA 90802
(562) 435-7350
Sunday 6:00 pm

*Please call to confirm the location and meeting times for the Nicotine Anonymous Meetings listed above.

Now is the time to stop smoking and enjoy life!

**Websites That Can Help You Quit**

1-800-NO-BUTTS
www.nobutts.org

BecomeANEX
www.becomeanex.org

TobaccoFreeCA
www.tobaccofreeca.com

QUITNET
www.quitnet.com

NicotineAnonymous
www.nicotineanonymous.org
www.scina.org (Southern CA)

AmericanLungAssociation
www.lungusa.org/stop-smoking

AmericanCancerSociety
www.cancer.org

WhatWorkstoQuit?
www.whatworkstoquit.tobacco-cession.org