

**1-800-QUIT-NOW
1-800-784-8669
www.quitnow.net**

Brought to you by
the Commercial Tobacco Prevention
subcommittee
of the Coos County
Community Health Improvement Plan

Resources Available to Residents of Coos County

**You Can
Quit
Smoking,
Vaping or
Chewing
Today!**



Get Ready to QUIT

If you have tried before
without success,
don't give up!

It may take several attempts
to successfully quit.

Most people who have
quit using tobacco
say it is the best thing
they ever did for themselves.

There are resources to
help you quit using nicotine
when you are ready.

Most health plans in Oregon
cover some form of
tobacco cessation support.
Check with your insurance
company or employer to
learn what is covered.

Free Local Workshops

ADAPT at 541-492-0229

Bay Area Hospital schedule can be
found at [www.bayareahospital.org/
calendar_events.aspx](http://www.bayareahospital.org/calendar_events.aspx)

For more classes contact
Advanced Health:
541-269-7400

[www.advancedhealth.com/members/
your-benefits/tobacco-cessation/](http://www.advancedhealth.com/members/your-benefits/tobacco-cessation/)



The Rewards of Quitting

Quit for your health.

It's not too late to reduce the effects of smoking. The improvements in your health begin immediately and have a lasting impact on your future health risks.

Quit for your family

By quitting you are protecting the ones you love from being exposed to second hand smoke or accidental nicotine poisoning.

Quit for your money

You can save \$2190 a year if you quit a 1 pack per day smoking habit. How much can quitting save you in one year?

Quit for your looks

Chances are you will look younger if you quit smoking! Improvements to the health of your skin, teeth and hair will start within two weeks of quitting.

My Reasons to be Tobacco Free

- ◆ _____
- ◆ _____
- ◆ _____
- ◆ _____

Tobacco-Free Works for Every Body



Online Resources

Everyone

www.smokefreeoregon.com
www.becomeanex.org
www.freedomfromsmoking.org
www.quit.com

Pregnant Moms:

www.women.smokefree.gov

Teens

www.teen.smokefree.gov
www.Text2quit.com

Adults 60+

www.60plus.smokefree.gov

Veterans

www.smokefree.gov/veterans

Spanish Resources

Oregon Quit line: 1-877-2NO-FUME
or 1-877-266-3683
www.espanol.smokefree.gov

Quitting Chewing Tobacco

www.mylastdip.com

Quitting Vaping

smokefree.gov/quitting-smoking/e-cigs-menthol-dip-more/what-we-know-about-e-cigarettes

Informational Websites

American Cancer Society

www.cancer.org

American Legacy Foundation

www.legacyforhealth.org

American Lung Association

www.lung.org/stop-smoking

CDC Prevention

www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/quitting

National Cancer Institute

www.cancer.gov/cancertopics/tobacco

Tobacco Facts & Info

Www.therealcost.tobaccofree.hhs.gov

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