

# Quit Now



WORKSITE WELLNESS TURKEY PROGRAM

# Ten-Minute Challenge

More and more public places in North Carolina are becoming tobacco-free. This includes many private and state worksite buildings and even state vehicles. Local governments are also kicking the habit. All public schools and many hospitals have banned tobacco products and many restaurants and bars are now telling customers to take it outside.

### Why Quit Now?

- ◆ Cigarette smoking is the number one preventable cause of death in the United States
- ◆ Smoking can cause stroke, premature death, heart disease, several types of cancer, chronic bronchitis and emphysema
- ◆ Secondhand smoke can cause lung cancer and heart attacks in people at risk for heart disease

Visit these Web sites for more information about tobacco prevention, resources for quitting, current research and tobacco-free policies:

- ◆ [www.QuitNowNC.org](http://www.QuitNowNC.org)
- ◆ [www.TobaccoPreventionAndControl.ncdhhs.gov](http://www.TobaccoPreventionAndControl.ncdhhs.gov)



## Ten-Minute Tips

Support a tobacco-free NC every day by taking 10 minutes to:

### Make a plan to quit:

1. Call the FREE and confidential NC Tobacco Use Quitline: 1-800-QUIT-NOW (784-8669) or TTY# 1-877-777-6534
2. Contact your insurance carrier regarding tobacco cessation benefits
3. Set a quit date

### Stay quit:

1. Call the FREE and confidential NC Tobacco Use Quitline: 1-800-QUIT-NOW (784-8669) or TTY# 1-877-777-6534
2. Use tobacco cessation medications
3. Identify and avoid situations that trigger your urge to use tobacco

### Support friends, family or coworkers who are quitting:

1. Tell them about the FREE and confidential NC Tobacco Use Quitline: 1-800-QUIT-NOW (784-8669) or TTY# 1-877-777-6534
2. Help them avoid situations that trigger their urge to use tobacco
3. Provide positive support when needed

Remember to give yourself a point each time you complete a tip!

