



Scavenger Hunt

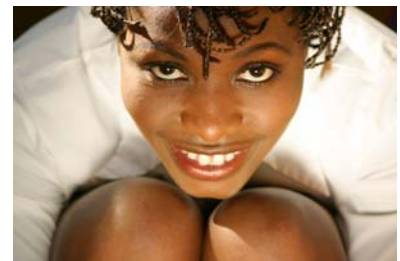
Quit Now Resources

- [1-800-Quit-Now](http://www.QuitNowNC.org)—North Carolina’s tobacco use telephone Quitline (1-800-784-8669) provides FREE, multi-language support and information for all North Carolinians. Callers can speak to tobacco quitting specialists who monitor participants’ progress. Learn more at www.QuitNowNC.org.
- www.BecomeAnEx.org—This Web site offers a free, three-step, online quit plan that helps break the big task of quitting smoking into smaller pieces. The program also encourages you to surround yourself with the right kind of support.
- www.MyTimeToQuit.com—This Web site offers facts on why it is hard to quit the nicotine habit and offers suggestions for making a quit plan. Resources include a downloadable checklist of physician discussion points and a list of “staying quit” ideas. There is also an online calculator to estimate how much the habit costs for an individual.

Quit Now Tip

Plan your Quit:

Rather than trying to quit cold turkey, plan your quit. Set a specific date when you will quit. Prepare yourself by getting rid of cigarettes, ashtrays or other tobacco products from your home, car and office. Pay attention to what triggers your need for tobacco, and plan alternative things to do when you recognize these triggers.



"Smoking kills, and if you're killed, you've lost a very important part of your life."

- Brooke Shields
(anti-smoking spokesperson)