

DAY



WEEK



MONTH



1 YEAR



5 YEARS



10 YEARS



20 YEARS



30 YEARS



# TEAM UP TO QUIT

tobaccofreeflorida.com

## QUITTING TOBACCO BENEFITS YOUR HEALTH AND YOUR SAVINGS.

NUMBER OF PACKS A DAY

1/2    1    1 1/2    2    2 1/2    3



### QUIT TIPS

When bored



When driving



In social situations



After meals



When stressed



When having a strong craving



When hungry



## 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 non-smoker's.

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

**FOR MORE INFORMATION VISIT:**

tobaccofreeflorida.com/quityourway

1-877-U-CAN-NOW  
1-877 (822-6669)

1-877-777-6534 TTY/TDD

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