

YOU CAN MAKE IT HAPPEN

It's time to QUIT



Tips:

- **Drink** water-with crushed ice if possible
- **Deep Breathe** - Take a deep breath, hold for two seconds, then let it out
- **Delay** the urge to smoke - put it off for a few minutes
- **Do something else** - try a different activity
- **Keep a diary** of how much and where you smoke
- **Get support** from friends, family and/or professionals
- **Make your home and car smoke-free**

Facts:

- Smoking takes up a lot of your time. For people who smoke a pack a day- you will spend 4 hours a day smoking*. That is 60 days every year.
- For people who smoke a pack a day, they will spend over \$1100** for contraband tobacco (clear bags) and \$4160*** for premium brands cigarettes each year.
- Cigarette butts are the most common type of litter.
- Many people are ashamed to smoke, mostly around children or other people who do not smoke.
- Tobacco companies use sneaky advertising that leads people to smoke.
- Second-hand smoke is harmful: Children who breathe in second-hand smoke have a greater chance of dying of Sudden Infant Death Syndrome (SIDS) or having colds, ear infections, asthma, pneumonia, and bronchitis.
- Tobacco kills three times more Canadians each year than alcohol, AIDS, illegal drugs, car accidents, suicide, and murder all combined.

Changes after quitting

20 minutes - your pulse and blood pressure return to normal

8 hours - carbon monoxide levels in your blood drop

24 hours - your chance of having a heart attack drops

72 hours - you can smell and taste things better and breathing becomes easier

2 weeks - your circulation improves; walking becomes easier

1 year - you've cut your risk of heart disease in half

*based on 10 min/smoke; **based on \$20/week; ***based on \$80/week. Adapted from materials from the Canadian Cancer Society (CCS), Centre of Addiction and Mental Health (CAMH), the Government of Ontario, and the Canadian Council for Tobacco Control.