

Partners for Tobacco-Free Lake County

You Can Quit & Stay Smoke-Free



Whether it is your first time quitting or you are trying again, use this simple guide to find out which stage you are in, the local resources best fit to help you succeed, and what to prepare for next.



I'm not ready to quit	I'm thinking about quitting in the next 6 months	I'm preparing to quit in the next 30 days	I'm quitting	I'm staying tobacco free
<p>There will never be a good time to quit. Most people try 5-6 times before they succeed. Breaking the addiction is tough, but it is not impossible. When you quit you improve your health, finances and the lives of those you love.</p>	<p>There are a lot of different ways you can quit. If you have tried one in the past that didn't work, another method could be right for you. Consider talking with someone to find the right fit. If you have relapsed, you could repeat the steps that worked for you. You've already proven to yourself that you can quit and you know how you did it.</p>	<p>Develop a good plan. Determine a quit date, sign up for a program and enlist the support of your family and friends. Relaxation techniques and changes in your daily routine are important strategies for quitting. Every step gets you closer to quitting and staying smoke-free.</p>	<p>When you quit you may notice your body going through a lot of changes. Simple things like coughing more are signs your body is recovering. Many things during the day may give you the urge to use tobacco, but you can stay on track by learning how to resist cravings and relying on your plan.</p>	<p>Cravings may continue after you quit. Holidays, vacations and stressful times are the most trying. Learn how you can overcome cravings and stay tobacco-free.</p>
<p>Take Action! The following websites and local organizations can provide more information: American Cancer Society, Lake County Health Department and American Lung Association.</p>	<p>Take Action! Call the Lake County Health Department Quit Line.</p>	<p>Take Action! Review the reverse side of this flyer and choose a quit assistance program. Some medical providers suggest using medications to increase your chance of success. Consider using nicotine replacement medications with the advice of your medical provider.</p>	<p>Take Action! Watch out! Stick closely to your plan and note exactly what happened if you are tempted to use again. If you are using medication, finish the entire prescription. If you need refills, pick them up from the pharmacy well in advance of running out. Drink plenty of water.</p>	<p>Take Action! Remember what it took to quit. Each attempt may be a battle, but eventually it will get easier and you will succeed. If you do happen to relapse, consider what led to it and use that information when you plan and prepare for your next quit attempt.</p>



Lake County Quit Resources



Lake County Illinois Residents	Wisconsin Residents	Military, Veterans and VA Employees	Additional Resources
<ul style="list-style-type: none"> • Free Lake County Health Department one-on-one Quit Counseling offered at various locations. Call 1-847-377-8090. • Illinois Tobacco Quit Line: 1-866-QUIT-YES. 	<ul style="list-style-type: none"> • 1-800-QUIT-NOW: www.ctri.wisc.edu/quitline.html <p>Free counseling, medications and online educational materials.</p>	<ul style="list-style-type: none"> • TRICARE and VA beneficiaries: Intensive quit class offered at the James A. Lovell Federal Health Care Center (FHCC), 1-800-393-0865, ext 85531. • TRICARE Pharmacy "walk-in" program, FHCC: 1-800-393-0865 ext 87600. • Active duty members aboard NAVSTA Great Lakes base: Fisher Dental Clinic, 1-800-393-0865 ext 83331. • VA Employee Health quit program: 1-800-393-0865 ext 84215. • Military/Veteran online quit program: www.ucanquit2.org/train2quit • TRICARE beneficiaries: Health Net Federal Services' Tobacco Cessation Resources www.hnfs.com/go/tobacco 	<ul style="list-style-type: none"> • American Lung Association online quit program: www.ffsonline.org • Live online chat: www.quityes.org • Learn more: www.lakecountyiil.gov/Health/tobaccofree