

Benefits of Quitting Smoking

You will:

- Breathe easier
- Have more energy
- Not expose your baby to secondhand smoke
- Lower your risk for a heart attack
- Have a better sense of smell and taste
- Be able to walk more easily



After quitting smoking, benefits to a woman's body start almost immediately and last for years.

After 20 Minutes:

- Blood pressure drops to normal
- Pulse rate drops to normal

After 8 Hours:

- Blood Carbon Monoxide level drops to normal
- Oxygen level in blood increases to normal

After 48 Hours:

- Nerve endings start to re-grow
- Ability to smell and taste is enhanced

After 1 year:

- Excess risk of coronary heart disease is half that of current smoker



Smokefree TXT

Free 24/7 quit help texted to your phone! Text QUIT to 47848, answer a few questions, and you'll start receiving messages.

Online Resources

Smokefree.gov

<http://smokefree.gov>

A Website dedicated to helping you quit smoking (en Espanol)

Smokefree Women

<http://women.smokefree.gov>

A website that helps women quit smoking

Smokefree TXT

<http://smokefree.gov/smokefreetxt>

Free 24/7 quit help texted to your phone!

Text QUIT to 47848, answer a few questions, and you'll start receiving messages.

NYSmokefree.com

The NYS smokers quit line is free and confidential
www.nysmokefree.com

BeTobaccoFree.gov

<http://betobaccofree.hhs.gov/quit-now/index.html>

Freedom From Smoking

<http://www.ffsonline.org>

Become and EX: For pregnant and postpartum smokers

<http://becomeanex.org/pregnant-smokers.php>

Stay away from Tobacco

<http://www.cancer.org/Healthy/StayAwayfromTobacco/index>

Smoke-free homes and cars program

(<http://www.epa.gov/smokefree/>)

Provides materials and resources for secondhand smoke

Chautauqua County Maternal and Infant Health Program

Chautauqua County Department of Health and Human Services

Hall R. Clothier Building- 4th Floor

7 North Erie Street

Mayville, NY 14757



MOMS QUIT PROGRAM

Call (716)753-4708 for help with quitting!

This resource funded with support from:



MOMS QUIT

Smoking Cessation Resource Guide for Chautauqua County Mothers



Chautauqua County Maternal and Infant Health Program

We can help you quit!

MOMS QUIT

Successful mothers in the MOMS QUIT Program can receive **FREE DIAPERS** through the baby's first year of life, and save up to **\$11,374** for her family!!

Call 716-753-4708 for help with quitting or to find out more!

Quitting smoking is so good for you and your baby!

When you stop smoking.....

- Your baby will get more oxygen, even after just one day of not smoking.
- There is less risk that your baby will be born too early.
- There is a better chance that your baby will come home from the hospital with you.
- Your baby will have fewer colds and ear infections.
- Your baby will be less likely to develop allergies and asthma.
- Your baby will be less likely to suffer Sudden Infant Death Syndrome (SIDS).
- Your baby's chances of having a healthy birth weight increase.

REMEMBER!! Quitting smoking is one of the most important things you can do for your health and the health of your baby!



MOMS QUIT Program

In this FREE program, Community Health Workers come to your home or meet with you in public to help you quit. Mothers in the MOMS QUIT Program receive free diapers through the baby's first birthday, if they remain smoke-free! Between free diapers and quitting smoking, moms can save up to \$11,374!



Your Community Health Worker will meet with you during and after pregnancy to:

- Go over the dangers of tobacco
- Explain why tobacco products are addictive, and why it is hard to quit
- Offer tips for quitting and connect you with quitting resources
- Write up a "quit plan"
- Track your success and help you overcome barriers
- Help you track your carbon monoxide levels
- Offer support and help
- Deliver diapers to successful moms!

Moms who are pregnant or have infants less than 3 months old can join the program. Community Health Workers meet with moms every month or as often as needed. Call 716-753-4708 to sign up!



I'm Ready to Quit!

Family members that need help quitting can call and/or text one of the resources below for help.

The New York State Smokers' Quitline
1-866-NY-QUITS

American Cancer Society
Toll-Free hotline: 1-800-227-2345
www.cancer.org

Just Breathe (Tobacco Cessation Service at Roswell Park)
Toll Free: 800-685-6825 ext.8803

American Lung Association
1-800-LUNGUSA

We're on Facebook!



"Like" our Facebook Page, "Chautauqua County Maternal and Infant Health Program" to stay up to date with services and events that we can offer to you and your baby.



Tips for Making it Work

Don't smoke any cigarettes.

Each cigarette you smoke damages your lungs, blood vessels, and cells throughout your body. Even occasional smoking is harmful.

Write down why you want to quit.

Do you want to -

- Be around loved ones?
- Have better health?
- Set a good example for your children?

Get Set

- Get rid of all your cigarettes
- Make your home and car smoke-free.
- Ask people not to smoke around you.
- Think about when you usually smoke. Plan things to do instead of smoking, like chewing gum, or calling a friend.

Quit

- Reward yourself for your success!
- Do something that makes you feel special.
- Don't give up if you slip and smoke. Try again.
- Review your reasons for quitting and make a new commitment to yourself and your baby.