

SUPPORT FOR SMOKERS WHO WANT TO QUIT.

For Tompkins County residents



NYS Smokers' Quitline¹

1-866-NY-QUITS

(1-866-697-8487) Also visit www.nysmokefree.com

- Free starter kit of nicotine replacement therapy (patches) for eligible smokers who are ready to quit
- Free coaching by trained cessation specialists
- Free 24-hr access to motivational messages & Tip-of-the-Day

Nurse Direct Cessation Counseling²

1-800-295-8088 or 607-763-5555

- Free counseling by certified cessation specialists
- Call for help with all stages of quitting

Mothers and Babies Perinatal Network³

1-800-231-0744 or 607-772-0517

- Free cessation program for pregnant and parenting women and those caring for young children.

Make a plan to quit today!

Smoking is an addiction. If you want to quit, it's best to make a plan. Here are some things to think about:

- **Set** a "Quit Date", the day you plan to stop smoking forever. Pick a date in the next 1–2 weeks.
- **Get** information about nicotine replacements such as patches or gum to help with nicotine cravings.
- **Know** when, where and why you smoke. If you know the places and activities that trigger your urge to smoke, you can plan for ways to avoid them.
- **Learn** how to live as a non-smoker. As an ex-smoker you'll face a lot of changes. That takes preparation and practice.



Tobacco Free Tompkins

607-274-6712 • www.tompkins-co.org/tobaccofree

¹ Based at the Roswell Park Cancer Institute in Buffalo with funding from the NYS Dept of Health (DOH).

² Based at the UHS Stay Healthy Center in Binghamton & affiliated a NYSDOH-funded Cessation Center.

³ A nonprofit agency located in Binghamton, NY.

Support for Smokers Who Want to Quit.

Now, everyone can help.



1. Keep the air smoke free
2. Support those who want to quit
3. Help teens beat the tobacco trap

*We cannot afford another generation
of tobacco addiction*

**Display a T-Free Zone sticker at
your workplace or home**

**For stickers & info, write T-Free Zones, c/o Tompkins County Health Department,
401 Dates Drive, Ithaca, NY 14850. Or visit www.tompkins-co.org/tobaccofree.**

[SEE OTHER SIDE FOR QUITTING TIPS AND RESOURCES]

How T-Free Zones help fight tobacco addiction

1. Keeps the air smoke free

Exposure to any amount of secondhand smoke is unhealthy. T-Free Zones show safe areas at building entrances and other outdoor places.

2. Supports those who want to quit

Half the adult smokers in Tompkins County say they want to quit. T-Free Zones can help smokers control the urge to have a cigarette.

3. Helps teens beat the tobacco trap

Youth learn behaviors that reflect the social "norms" set by the community. T-Free Zones support an environment where teens choose to never start smoking.

FREE HELP

for
Smokers
Who
WANT
to
QUIT



Take One



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