

# Some Reasons to Quit Tobacco



## Start Feeling Better

**You will see health benefits almost immediately after quitting tobacco.**

- **After just 12 hours** the level of carbon monoxide in your body returns to normal, meaning your heart won't have to pump as hard to get enough oxygen to your body.
- **After 2 weeks to 3 months** your circulation improves and your lung function increases. You will be able to walk longer distances, you will be able to play with kids, pets and grandkids without getting winded.

## Avoid Harming Those You Love

**Adults, pets and children who are exposed to secondhand smoke have an increased risk of lung cancer, coronary heart disease, and stroke.** Quitting tobacco is the **NUMBER ONE** thing you can do to improve your health and **LIVE LONGER**. Your loved ones want you to be alive and healthy! After quitting you will be less likely to have breathing problems, heart disease and many forms of cancer.



## Refresh Your Look

Put an end to bad breath, yellow teeth and stained fingernails. And you will have more money to treat yourself to a new look because quitting tobacco **saves roughly \$2,500+ per year** by quitting a one-pack-a-day smoking routine.

## Plan your Quit Day Now!

To sign up for **FREE** one-on-one counseling, as well as patches, gum, and lozenges, call 919-245-2480 or email Rita Krosner [smokefreeoc@orangecountync.gov](mailto:smokefreeoc@orangecountync.gov).



**ORANGE COUNTY  
HEALTH DEPARTMENT**