

## TN Quit Week:Let's Call It Quits 2019

		2/4/2019 <i>Monday</i>	2/5/2019 <i>Tuesday</i>	2/6/2019 <i>Wednesday</i>	2/7/2019 <i>Thursday</i>	2/8/2019 <i>Friday</i>	
<b>Topic</b>		<u><i>Youth smoking</i></u>	<u><i>2nd/3rd hand smoke</i></u>	<u><i>Pregnancy and smoking</i></u>	<u><i>E-cigs/ Vaping</i></u>	<u><i>Quit Tips</i></u>	
<b>Time</b>	<b>9a</b>	<p>Tobacco use is started and established primarily during adolescence. Nearly 9 out of 10 cigarette smokers first tried smoking by age 18. The Tennessee Tobacco Quit Line is a great resource. Call 1-800-QUIT-NOW!</p> <p><u>Source</u> CDC</p> <p>#CallItQuitsTN19 #TNQUITWEEK #unsmokeable #weDONTpuff</p>	<p>Secondhand smoke (also known as environmental tobacco smoke) is the smoke a smoker breathes out and that comes from the tip of burning cigarettes, pipes, and cigars. It contains about 4,000 chemicals. Anytime children breathe in secondhand smoke they are exposed to these chemicals. Call 1-800-QUIT-NOW!</p> <p><u>Source</u> Cancer.gov</p> <p>#CallItQuitsTN19 #BIGGESTreasonstoQuitisthesmallest #CarandHomeSmokefreeZone</p>	<p>It's quitting time for two. It's FREE! Call 1-800-QUIT-NOW (1-800-784-8669) for extra support.</p> <p>#CallItQuitsTN19 #BIGGESTreasonstoQuitisthesmallest</p>	<p>Almost all e-cigarettes contain nicotine—including many that claim they are nicotine-free. Nicotine is an addictive substance that can have negative health impacts, including on adolescent brain development. Call 1-800-QUIT-NOW!</p> <p>American Lung Assoc</p> <p>#TNQUITWEEK #CallItQuitsTN19</p>	<p>Many people try several times before giving up cigarettes for good. If you light up, don't get discouraged. Instead, think about what led to your relapse. Use it as an opportunity to step up your commitment to quitting. Call 1-800-QUIT-NOW (1-800-784-8669) for extra support.</p> <p>CDC</p> <p>#TNQUITWEEK #CallItQuitsTN19 #BecomeaQUITTER #QuittingISwimming</p>	
	<u>Fact</u>						
	<u>Source</u>						
	<u>Hashtag</u>						

Image

Fact

Source

Hashtag



youth1

Big Tobacco makes addictive products look like candy. Many teens and young adults think flavored cigars and smokeless tobacco products are safer than regular cigarettes. The Tennessee Tobacco Quit Line is here to help. Call 1-800-QUIT-NOW!

tobaccofreekids.org

#CallItQuitsTN19  
#TNQUITWEEK  
#weDONTpuff  
#unsmokable



2nd hand 1

Secondhand smoke can be especially harmful to your children's health because their lungs still are developing. The best way to eliminate this exposure is to quit. Call 1-800-QUIT-NOW (1-800-784-8669) to get more information on quitting tobacco.

CDC

#CallItQuitsTN19  
#TNQUITWEEK  
#BIGGESTreasonstoQuitisthesmallest



Zone



Pregnancy1

It's quitting time TN. It's FREE! Call 1-800-QUIT-NOW (1-800-784-8669) for extra support.

#CallItQuitsTN19  
#TNQUITWEEK  
#BIGGESTreasonstoQuitisthesmallest



ecig1

Diacetyl the chemical that causes popcorn lung, is found in many e-cigarette flavors. It is added to "e-juice" liquid by some e-cigarette companies to complement flavorings such as vanilla, maple, coconut and more. Call 1-800-QUIT-NOW (1-800-784-8669) for extra support.

ALA lung.org

#CallItQuitsTN19  
#TNQUITWEEK



Quit Tips1

Be ready for the day you choose to quit. It's more than just tossing your cigarettes out. The brain is hooked on nicotine and you will go through withdrawal. Line up support in advance. Ask your doctor about all the methods that will help. The TN quit line is excellent support 1800QUITNOW!

#CallItQuitsTN19  
#TNQUITWEEK  
#BecomeaQUITTER  
#QuittingIsWinning



	<p><u>Image</u></p>		 <p><b>Protect children: don't make them breathe your smoke</b></p>			
3p	<p><u>Fact</u></p>	<p>If smoking continues at the current rate among youth in this country, 5.6 million of today's Americans younger than 18 will die early from a smoking-related illness. That's about 1 of every 13 Americans aged 17 years or younger alive today. Call 1-800-QUIT-NOW (1-800-784-8669).</p>	<p>If you smoke around your children or they are exposed to secondhand smoke in other places, they may be in more danger than you realize. Children whose parents smoke only outside are still exposed to the chemicals in secondhand smoke. Call 1-800-QUIT-NOW!</p>	<p>It's quitting time for two. It's FREE! Call 1-800-QUIT-NOW (1-800-784-8669) for extra support.</p>	<p>Besides nicotine, e-cigarette aerosol can contain substances that harm the body. This includes cancer-causing chemicals and tiny particles that reach deep into lungs. Call 1-800-QUIT-NOW (1-800-784-8669) to get more information on quitting tobacco.</p>	<p>The Tennessee Tobacco Quit Line is a great resource. Call 1-800-QUIT-NOW!</p>
	<p><u>Source</u></p>	<p>CDC</p>	<p>CDC</p>		<p>CDC</p>	
	<p><u>Hashtag</u></p>	<p>#CallItQuitsTN19 #TNQUITWEEK #unsmokeable #weDONTpuff</p>	<p>#CallItQuitsTN19 #TNQUITWEEK #BIGGESTreasonstoQuitisthesmallest #CarandHomeSmokefreeZone</p>	<p>#CallItQuitsTN19 #TNQUITWEEK #BIGGESTreasonisthesmallest</p>	<p>#CallItQuitsTN19 #TNQUITWEEK</p>	<p>#CallItQuitsTN19 #TNQUITWEEK</p>
	<p><u>Image</u></p>					
		<p>Youth3</p>	<p>2nd hand 3</p>	<p>pregnancy3</p>	<p>ecigs3</p>	<p>Quittips3</p>

6p

Fact

ENDS (electronic nicotine delivery systems) - also called e-cigarettes or other electronic methods - are very popular with young people. Their use has grown dramatically in the last five years. Today, more high school students use e-cigarettes than regular cigarettes. Call 1-800-QUIT-NOW (1-800-784-8669).

Source

CDC

Hashtag

#CallItQuitsTN19  
#TNQUITWEEK  
#weDONTpuff

Image



youth4

Thirdhand smoke is the smoke left behind—the harmful toxins that remain in places where people have smoked previously. Thirdhand smoke can be found in the walls of a bar, upholstery on the seats of a car, or even a child's hair after a caregiver smokes near the child. Call 1-800-QUIT-NOW (1-800-784-8669) to get more information on quitting tobacco.

CDC

#CallItQuitsTN19  
#TNQUITWEEK  
#BIGGESTreasonstoQuitisthesmallest  
#CarandHomeSmokefreeZone

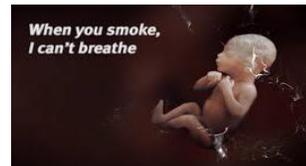


www.tnquitline.org

2nd hand 4

It's quitting time for two. It's FREE! Call 1-800-QUIT-NOW (1-800-784-8669) for extra support.

#CallItQuitsTN19  
#TNQUITWEEK  
#BIGGESTreasonstoQuitisthesmallest



Pregnancy4

The FDA hasn't found any e-cigarette to be safe and effective in helping smokers quit. The Tennessee Tobacco Quit Line is here to help. Call 1-800-QUIT-NOW! CDC

#CallItQuitsTN19

**3 REASONS TO SAY NO TO E-CIGARETTES**

Electronic cigarettes (e-cigarettes) are marketed as a safer alternative to traditional cigarettes and a way to manage nicotine craving. If you're trying to quit, here are 3 good reasons to give them a thumbs down.

	<b>SAFETY CONCERNS</b> Your blood pressure and pulse remain elevated for hours after you quit.
	<b>NO CONVINCING EVIDENCE THEY WILL HELP YOU QUIT</b> The nicotine in e-cigarettes is addictive. It may help you quit for a short time, but it's not a long-term solution.
	<b>WHAT'S PROVEN TO WORK STILL WORKS</b> The nicotine in e-cigarettes is addictive. It may help you quit for a short time, but it's not a long-term solution.

Learn more at [tq.org/quitmaking](http://tq.org/quitmaking).

ecig4

Using 2 or more of these measures to quit smoking works better than using any one of them alone. Telephone stop-smoking hotlines are an easy-to-use resource, and they are available in all 50 states. Call 1-800-QUIT-NOW (1-800-784-8669) to get more information on quitting tobacco.

#CallItQuitsTN19  
#TNQUITWEEK



Quittips4