

In Your Words

"I was skeptical at first because I have tried to quit a couple of times and I don't have a lot of experience with chat rooms and stuff like that. I ended up getting on medication to quit but QuitNet really got me through the times when I felt like I really needed a cigarette. It may sound corny but the encouragement and the reminders that I received through emails and chatting with people just like me got me through the toughest times. I haven't smoked in 7 months!"

- Anne T.

Twin Falls, Idaho

"The great thing about QuitLine is I can use my cell phone any place and get help when I need it. It was a little embarrassing at first because you are talking to a stranger but they know what they are doing and you get over that pretty fast. I haven't smoked in 6 weeks and for me, that is incredible since I was smoking at least 3/4 of a pack a day."

-Phil H.

Coeur d'Alene, Idaho

The Idaho QuitLine and QuitNet are programs of the Idaho Tobacco Prevention and Control Program at the Idaho Department of Health and Welfare. No tax dollars are involved and no fees are charged to people who call the QuitLine or log onto QuitNet.

I D A H O
QUITLINE[®]
QUIT ALL TOGETHER
1-800-Quit-Now

I D A H O
QUITNETSM
idaho.quitnet.com
QUIT ALL TOGETHER



IDAHO DEPARTMENT OF
HEALTH & WELFARE

Most
smokers
regret
the day
they
started
smoking

Nobody
regrets
the day
they
stopped

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Pick up the Phone

Help to quit smoking is now just a phone call away. The Idaho QuitLine is a free telephone counseling service designed to help smokers quit. This confidential service connects tobacco users with trained counselors who guide and support them through the process of becoming tobacco-free.

When To Call

1-800-QUIT NOW counselors are available:

Monday - Thursday 7 am - 9 pm MST
Friday 7 am - 7 pm MST
Saturday and Sunday 8 am - 4:30pm MST

24 Hour Voice Mail

What to Expect

When you call the Idaho QuitLine, you'll receive:

- Up to five counseling sessions with trained cessation counselors
- Printed educational materials
- Information about medications that can help you quit

All services are available in English, Spanish and for the Deaf and Hard of Hearing Community.

TTY 1-888-229-2182

Log on to the Internet

The Idaho QuitNet is a free internet service that can help you quit smoking. It offers expert advice on quitting, online support from other smokers who are trying to quit and information about medications that may make quitting easier. QuitNet is available 24 hours a day.

QuitNet offers:

- Quitting guides that help you plan your quit attempt
- A special quitting calendar that outlines the day-to-day steps for quitting smoking
- A directory of quitting classes in your area
- Information about medications that make quitting easier
- Web links to news about tobacco and other valuable information

This free service, offers you access to:

- Expert counselors who provide support throughout the quitting process
- Online chat rooms and forums where individuals trying to kick the habit share their struggles and successes and offer each other support
- The Q-Gadget, which tracks time added to your life and money saved by not smoking
- Quit tips and anniversary e-mails that offer long terms support

You Won't Regret It

Even if you've smoked for decades, the benefits of quitting are considerable and begin within 20 minutes of quitting.

20 Minutes	Blood pressure and pulse rate decrease
8 Hours	Carbon monoxide levels in blood return to normal
1 Day	The likelihood of a heart attack decreases
2 Days	Nerve endings regenerate; sense of smell and taste are enhanced
2 Weeks	Circulation improves and lung function increases
1-9 Months	Coughing, sinus congestion, fatigue and shortness of breath decrease
1 Year	The likelihood of heart attack is cut in half
5 Years	Stroke risk is reduced to the same levels as a non-smoker
10 Years	Risk of dying from lung cancer is about half that of a current smoker