### **Help is Available to Quit Tobacco this New Year**

### Quitting tobacco and E-cigarettes is the single most important step you can take to improve the length and quality of your life. Quitting can be hard, so a good plan can help you get past symptoms of withdrawal. Five steps that can help:

1. **Set a quit date.** New Years is a great time to quit. Many people around the country quit at New Years, so you are in good company. Or, choose another quit day within the next two weeks.
2. **Get Support**. Share your quit date with the important people in your life and seek support. The Oregon Tobacco Quit Line offers free, effective, and confidential coaching for Oregon residents age 13 years and older, and offers free patches or gum to eligible participants. Tobacco users can contact the Quit Line to enroll in services:
* English: 1-800-QUIT-NOW (1-800-784-8669), [www.quitnow.net/oregon/](https://www.quitnow.net/oregon/)
* Español: 1-855-DÉJELO-YA (1-855-335-35692), [www.quitnow.net/oregonsp/](https://www.quitnow.net/oregonsp/)
* TTY: 1-877-777-6534
1. **Anticipate and plan for challenges**. The urge to use tobacco is short, usually lasting only three to five minutes. Before your quit day, write down healthy ways to cope with cravings.
2. **Remove temptation**. Discard cigarettes, other tobacco, and e-cigarettes from your home, car, and workplace. Get rid of lighters and matches too. Old cigarette andtobacco odors can cause cravings.
3. **Consider medications**. Talk to your doctor or pharmacist about Nicotine patches, gum, or other medicines that may help with cravings. The Quit Line is also a resource. Uninsured Quit Line callers are eligible to receive BOTH patches and gum!

Share Quit Line resources with a friend or family member as a gift of support for a New Years resolution.

Thousands of Oregonians have quit using tobacco with help from the Oregon Tobacco Quit Line. Visit [www.quitnow.net/oregon/](https://www.quitnow.net/oregon/) or [Call 1-800-784-8669](http://www.smokingstopshere.com/hp-calls/) or 1-855-DEJELO-YA to talk to a live Quit Coach 24 hours a day, seven days a week. Counseling is provided in English, Spanish, or other languages.

Make 2014 the year you quit for good.