

World No Tobacco Day



May 31 is World No Tobacco Day

Smoke knows no boundaries. World No Tobacco Day aims to draw global attention and raise awareness of harmful health effects of tobacco.

Information from: <http://www.foh.hhs.gov/calendar/wntd.html>

Clear the Air

Smoke knows no boundaries

MAY 31

World No Tobacco Day

More information and resources
are available online at:

FOH.hhs.gov/SmokeFree



Tips to Help You Quit

- Set up a quit date.
- Get rid of your last cigarettes, and anything related to smoking—lighters, ashtrays, etc.
- Set up a support system. This could be taking a group class, going to Nicotine Anonymous, or having a friend or family member who has successfully quit who is willing to help you.
- Ask family and friends who smoke not to do so around you and to not leave cigarettes out where you can see them.
- Set up a support system. This could be a group class, Nicotine Anonymous, or a friend or family member who has successfully quit and is willing to help you.
- Don't give up. The nicotine in tobacco is highly addictive, and it may take several attempts to quit smoking.



Resources
& Links

Tools to help you quit smoking and breathe better!

- **ERS Tobacco Cessation Programs:**
http://www.ers.state.tx.us/Insurance/Tobacco/Quit_Smoking_Resources/
- **US Department of Health and Human Services**
<http://www.foh.hhs.gov/calendar/wntd.html>

