

# Stop smoking. Start dialing. It's free.

## What smoking does to you...

- It causes you to be sick more often
- It makes your skin wrinkle
- It stains your fingers and fingernails yellow
- It makes your hair and nails dry and brittle
- It causes you to have bad breath
- It stains your teeth yellow
- It dulls your sense of smell and taste
- It makes your clothes stink
- It wastes your money



**The Tobacco  
Quit Line  
provides free  
counseling  
and referral  
services to  
all Georgia  
residents age  
13 and older.**



## What to expect when you quit

When you quit smoking you can expect changes to your body, emotions and relationships. Becoming aware of these changes makes it a lot easier to figure out what to do to stay on track and avoid sabotage of your plans.

## Withdrawal

Many young smokers that quit have no withdrawal at all. Your expectations will play a big part in whether quitting is easy or hard. By being positive and focusing your attention on other things, you help control how withdrawal affects you.

## Planning for your quit day

High motivation to quit can carry you through the most difficult situations, but a good plan makes quitting a whole lot easier.

## Strategies to resist smoking

Quitting requires you to find new ways to cope with everyday challenges. Whether it's the urge to smoke after meals, stress from school, or hanging out with friends who smoke you must be prepared with ways to not fall into the old pattern of lighting up.

## More money for you...

Let's assume that cigarettes cost \$4 per pack. Look at what you can buy yourself after being tobacco free for...



...one day

A large fruit smoothie

...one week

A few new CDs of  
your favorite music



...one month

Great seats at a concert for  
you and a friend

...one year

Enough money to pay for  
an entire week-long spring  
break trip to the beach for  
you...and a friend!



**Are you tired of smelling like smoke?  
Are you tired of throwing money away?  
Then take control of your life and call!**

**GEORGIA TOBACCO QUIT LINE  
1-877-270-STOP**

**For Spanish-speaking callers:  
1-877-266-3863**

**1-877-270-STOP**

## Chemicals in secondhand smoke

Here are some of the chemicals found in secondhand smoke and their common uses:

**Acetone** - nail polish remover

**Ammonia** - toilet bowl cleaner

**Formaldehyde** - used to preserve dead bodies

**Arsenic** - rat poison

**Carbon monoxide** - car exhaust

**Toluene** - industrial solvent

**Butane** - cigarette lighter fluid

**Cadmium** - rechargeable batteries

**Benzene** - industrial solvent

**Napthalene** - mothballs



How much would it cost if you smoked...

...five cigarettes every day for one year? **\$365**

...one pack every day for a year? **\$1,460**

...one pack every day for 15 years? **\$21,900**

		NUMBER OF YEARS SMOKING				
		1	2	3	4	5
NUMBER OF CIGARETTES PER DAY	1	\$73	\$146	\$219	\$292	\$365
	2	\$146	\$292	\$438	\$584	\$730
	3	\$219	\$438	\$657	\$876	\$1,095
	4	\$292	\$584	\$876	\$1,168	\$1,460
	5	\$365	\$730	\$1,095	\$1,460	\$1,825
	6	\$438	\$876	\$1,314	\$1,752	\$2,190
	7	\$511	\$1,022	\$1,533	\$2,044	\$2,555
	8	\$584	\$1,168	\$1,752	\$2,336	\$2,920
	9	\$657	\$1,314	\$1,971	\$2,628	\$3,285
	10	\$730	\$1,460	\$2,190	\$2,920	\$3,650

Calculations made using a price of \$4 per pack.

## Do the math!

Take the money you would spend on cigarettes in one year (365 packs at \$4 each = \$1,460) and put it in a savings account which earns 10% interest annually. By the time you retire, you will have over **\$171,000!**

# QUITTING TAKES PRACTICE



**1-877-270-STOP**  
Georgia Tobacco Quit Line

A free resource to help you kick the tobacco habit!

Georgia Tobacco Quit Line  
**HOURS OF OPERATION:**

Monday - Sunday  
8:00 a.m. - 12:00 a.m. (midnight)

After business hours, callers will be prompted to leave their name and number. A Quit Line counselor will return their call during normal business hours.

The Georgia Tobacco Quit Line is funded by the Master Tobacco Settlement through the Georgia Department of Human Resources, in partnership with the Georgia Cancer Coalition.



Live healthy Georgia

