

# Enroll Today

Call 1-877-966-8784

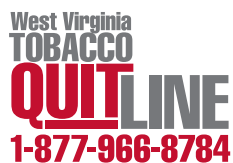
Monday – Friday (8 a.m. – 9 p.m.)  
Saturday – Sunday (8 a.m. – 5 p.m.)

## West Virginia Tobacco Quitline

109 Capitol Street, 1st Floor  
Charleston, WV 25301

## West Virginia Division of Tobacco Prevention

350 Capitol Street, Room 206  
Charleston, WV 25301  
1-866-384-5250



## QUIT TIPS

- Decide you want to quit.
- List your reasons.
- Put the list where you will see it often.
- Set a quit date. Circle the date you choose to quit on your calendar.
- Prepare yourself and your home.
- Throw away cigarettes, lighters and ashtrays.
- Ask for help. Your doctor can help you find ways to quit.
- Make a plan. Think about what you will do specifically during your weaker moments.
- Plan for uneasy times. Plan for how you will deal with really wanting a cigarette when others are smoking around you.
- Get support. Ask for support and patience from your partner, family and friends.
- Reward yourself. Plan how you will spend the extra money you'll save when you quit.



# Quit Tobacco. Let Us Help.

West Virginia's Tobacco Cessation Quitline  
1-877-966-8784

## What is the WV Quitline?

The West Virginia Tobacco Quitline is a state-based company designed to assist tobacco users who want to quit using tobacco products. By enrolling in this program, you receive free educational materials about tobacco and how to quit. The Quitline provides up to four calls from a phone coach who can assist you in the quitting process. Qualified participants include the following: military and their immediate families (active, reserve, guard & retired), pregnant smokers and their immediate families, adults 55 & over, adults 18-24, college students, faculty & staff and the uninsured. If you are not among those qualified, you are still eligible for limited services. These participants may receive Nicotine Replacement Therapy (NRT) at little or no cost.

The West Virginia Quitline also offers specialized programs and information for pregnant smokers and spit tobacco users.

## What happens when I quit?

Quitting tobacco has immediate, as well as long-term benefits. Breaking the habit today can reduce risks of tobacco related diseases and improve your health.

- Twenty minutes after quitting, your blood pressure and pulse drops.
- Eight hours after quitting, the carbon monoxide level in your blood drops to normal.
- Twenty-four hours after quitting, your chances of having a heart attack lessen.
- Forty-eight hours after quitting, your ability to smell and taste begins to improve.

## The YNOTQUIT Phone Coaches

The Quitline phone coaches care about your efforts to quit tobacco. They know how to help you quit. The calls are free, confidential and based on your individual needs. Your four free phone calls can be made at any time that is right for you.

Quitline phone coaches can make your chances of quitting much better. You are twice as likely to stop tobacco if someone is coaching you.