

When you quit smoking:

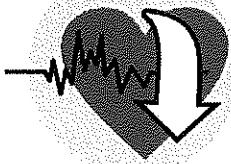


Within 20 minutes blood pressure, body temperature and pulse rate return to normal.



Within 8 hours carbon monoxide and oxygen levels return to normal.

Within 24 hours chances of heart attack begin to decrease.



Within 48 hours sense of taste and smell begin to return.



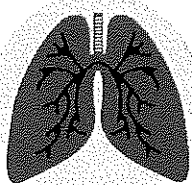
Within 72 hours all nicotine has left the body.



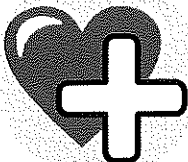
Within 2 weeks blood flow to teeth and gums has returned to normal.



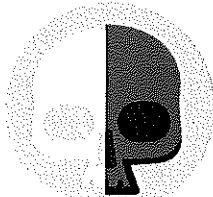
Within 3 months circulation improves and lung capacity has increased by at least 30%.



Within 1 year the risk of heart attack is half of what it was when smoking, within 2 years it is nearly normal.



Within 5 years the risk of death from lung cancer is cut in half.



RESOURCES TO HELP TEENS QUIT VAPING or SMOKING

SmokefreeTeen: <https://teen.smokefree.gov/quit-vaping>
Quitting vaping can be tough, but they have resources that can help. Find out how to quit vaping and stay vape-free here. Sign up for smokefree text for teens.

<https://teen.smokefree.gov/become-smokefree/smokefreeteen-signup>

smokefreeTEXT
Quit with text messages. sign-up today

TRUTH.com: <https://www.thetruth.com/articles/hot-topic/quit-vaping>

Quitting vaping isn't easy. But having a rock-solid support system helps. And TRUTH can help! All you have to do is text DITCHJUUL to 887-09 to get started.

It's free, and available 24-7 to help with cravings, stress and slips, plus regularly-scheduled messages and reminders that are designed to help you quit. And if you're still not sure you're ready, you can still text the number. They've got messages to help build your confidence and practice quitting if you're not 100% there yet.

CA Smokers' Text Line: <https://forms-nobutts.org/texting/>
The California Smokers'™ Helpline offers free telephone counseling, self-help materials, a text messaging program, and online help in six languages to help people quit. Special services are available for teens and vape users. Call 1-800-NO-BUTTS! Counselors are available weekdays, 7 a.m. to 9 p.m., and Saturday, 9 a.m. to 5 p.m. Or sign up 24/7 online.

Their text messaging program is designed to give a little extra support with text messages. Participants will receive texts each day during the first important weeks of quitting. The messages are tailored to help at critical points along the way, including useful tips for quitting and for staying quit. You can also text questions at any time and a counselor will respond within one business day.

CALIFORNIA
SMOKERS' HELPLINE
1-800-NO-BUTTS

RESOURCES TO EDUCATE PEERS ABOUT VAPING or SMOKING

mylifemyquit.com: <https://mylifemyquit.com/>

My Life My Quit is an online quit vaping program that is, unfortunately, not available to young people in California, however the tools and resources on the website are free and available to everyone. There is a lot of good information about the risks of vaping and good tips for quitting.



Tobacco/Marijuana Toolkits: <https://med.stanford.edu/tobaccopreventiontoolkit.html>

The Tobacco Prevention Toolkit is an educational resource that can be adapted to fit the individual needs of educators and students in all types of settings, including elementary, middle and high schools; community-based organizations; and health-related agencies.



California Youth Advocacy Network: <https://www.cyanonline.org/>

Empowering California's youth to create tobacco-free environments. CYAN's Youth Program supports the development of youth-adult partnerships in order to effectively advocate for social norm change in local communities. There is a lot of information here about how to get involved in the fight against vaping.



Si Se Puede: <https://healthcollaborative.org/si-se-puede/>

Si Se Puede advocates for policies that restrict the sale and promotion of mentholated cigarettes and flavored tobacco products and for smoke-free outdoor venues such as swap meets and farmer's markets for communities in the North Valley Region (Glenn, Tehama and Butte). The Hispanic/ Latino population is disproportionately affected by tobacco use, therefore, Si Se Puede will work to educate and inform citizens, local elected officials, and law enforcement of the adverse health effects and dangers of mentholated and flavored tobacco products and exposure to secondhand smoke for these communities.



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A Project of the California Health Collaborative