

Tips to Quit



Pick a date



Avoid triggers



Replace with a healthy choice



Talk to your doctor

1-800-QUIT-NOW

is a quit-line that allows you to speak with a trained counselor who will help you set goals for quitting.

Did You Know?

The average person tries to quit smoking 7 to 8 times before succeeding.

Get Started Today!

My name is:

I am quitting for:

I am quitting because:

I will quit by this date:

For More Information Visit:

Alabama Quit Line

www.quitnowalabama.com/

1-800-QUIT-NOW is a quit-line that allows you to speak with a trained counselor who will help you set goals for quitting. You may also qualify for FREE nicotine replacement therapy.

Department of Health and Human Services

www.smokefree.gov/

The Alabama Department of Public Health

www.adph.org/tobacco/

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QUIT

for the Kids
In Your Life



Tobacco, Vapes
and E-cigarettes:

How to Stop and Why it Matters!



Children's
of Alabama®

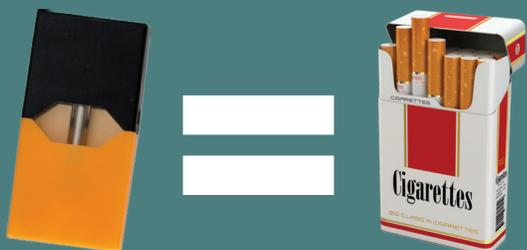
UAB MEDICINE

JUUL, Vapes, and other E-cigarettes

JUUL is a type of e-cigarette that looks like a USB flash drive.



All JUUL products contain high levels of nicotine. Most vapes and e-cigarettes also contain nicotine.



These products create aerosols that are harmful to the lungs.



Did You Know?

JUUL, vapes, and other e-cigarettes are NOT FDA approved to help you quit smoking. Talk to your doctor or call the 1-800-QUIT-NOW line today about FDA approved treatments to help you quit!

How Does Secondhand Smoke Harm Kids?

Secondhand Smoke is the smoke that is inhaled by those who are near people who are smoking or live with people who use tobacco products.

Secondhand Vape is the aerosol that is inhaled by those who are near people who are using e-cigarettes or vape. **Using e-cigarettes has been linked to asthma attacks, increased coughing and wheezing.**

The liquid used in nicotine-containing e-cigarettes, often called e-liquid, can lead to accidental poisoning if it comes in contact with the skin or is swallowed.



Triggers Asthma Attacks and Damages Developing Lungs



Increased Risk of Sudden Infant Death Syndrome (SIDS)



More Frequent Ear Infections and Other Illnesses



More Frequent Hospitalizations