

Quitting The Smoke Break

 | Public Health
Santé publique

Breathe Easy



Within 12 hours of quitting your carbon monoxide drops

Save Your Money



Average pack/day smoker can save \$3600/year

Enjoy Extra Retirement



Quitting can add an extra 7 years to your retirement



Double Trouble

You may be exposed to hazardous chemicals on the job. Many of these harmful chemicals are also found in cigarettes. Being exposed to chemicals at work and smoking increases your health risks.

“ Researchers found that people who smoke and have asbestos exposure are between 50 and 90 times more likely to develop lung cancer compared to their smoker counterparts with no such exposure to asbestos. ”

When you're ready to quit use the right tools...

Quitting can be stressful...

1

Change your self-talk

2

Change the situation

3

Change the feelings in your body

4

Strengthen your ability to handle stress

It takes more than yourself to put up a strong building. Quitting smoking is the same - it's easier when you have help!



Use quit smoking tools

Nicotine replacement therapies like the patch, gum or inhaler increase chances of quitting by 50% to 70%.

4D's for quitting

Delay

Deep breath

Drink water

Distract

Are you ready?

"You never fail until you stop trying"

-Albert Einstein

Make it easy on yourself - GET SUPPORT



Call your local public health unit

Smokershelpline
1-877-513-5333

dontquitquitting.ca
smokershelpline.ca

Call your local
Family Health Team, or doctor

Check your union/employer
benefits packages for coverage