



Genesee County Health Department

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Health Educator
RE: Get Ready for the Great American Smokeout

The American Cancer Society marks the Great American Smokeout on the third Thursday of November each year. This year The Great American Smokeout takes place Thursday, November 19, 2015. The Genesee Tobacco Control Region encourages residents to prepare to quit on that day. The Genesee Tobacco Control Region serves Huron, Tuscola, Sanilac, St. Clair, Genesee, Lapeer, Bay, Saginaw and Midland Counties.

Quitting smoking can be hard, so a good plan can help you get past symptoms of withdrawal. The CDC recommends these five steps to help.

- 1. Set a quit date.** Quit smoking on the Great American Smokeout or another quit day within the next 2 weeks.
- 2. Tell your family and friends you plan to quit.** Share your quit date with the important people in your life and ask for support. A daily e-mail, text message, or phone call can help you stay on course and provide moral support.
- 3. Anticipate and plan for challenges.** The urge to smoke is short—usually only 3 to 5 minutes. Surprised? Those moments can feel intense. Before your quit day, write down healthy ways to cope. Even one puff can feed a craving and make it stronger. Healthy choices include:

- Drinking water

Better Life Through Better Health

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- Taking a walk or climbing the stairs
- Listening to a favorite song or playing a game
- Calling or texting a friend

4. Remove cigarettes and other tobacco from your home, car, and workplace. Throw away your cigarettes, matches, lighters, and ashtrays. Clean and freshen your car, home, and workplace. Old cigarette odors can cause cravings.

5. Talk to your pharmacist, doctor, or quitline coach about quit options. Nicotine patches, gum, or other approved quit medicines may help with cravings.

Individuals ready to quit should call The Michigan Tobacco Quit Line at 1-(800) QUIT-NOW or enroll on-line at <https://michigan.quitlogix.org/>. The quit line provides free telephone coaching for the uninsured and those with Genesee Health Plan, Bay Health Plan, Saginaw Health Plan, Medicaid, and Medicare. Free nicotine patches are available for those who qualify.

All pregnant women qualify for the quitline regardless of insurance. The quit line has special help for pregnant women and they earn rewards after every call. Let this Smokeout be the day you quit for good. Our motto is "Better Life Through Better Health."