



5 Counties for Tobacco-Free Living

Fond du Lac

Green Lake

Marquette

Washington

& Waushara Counties

Quitting Tobacco Use Takes Planning and Support

You are receiving this quit kit from someone who supports you in making a quit tobacco use attempt. This kit is not filled with health consequences about tobacco use, but rather all the good things about quitting. Such as, quitting tobacco use improves your health at any age, and cigarette smokers who quit before 35 years of age live usually as long as those who have never smoked.

Look over the information included in this quit kit: planning a quit date, dealing with withdrawals, and how to maintain quitting. When you are ready to quit, talk to your doctor or other healthcare worker about what medication might work best for you. If you don't have insurance that covers certain medications the WI Quit Line is providing a **FREE 2 week-supply** of the patch, the gum or the lozenges to help you quit smoking. Contact the Wisconsin Quit Line by phone at 1-800-784-8669 or on-line at WiQuitLine.org.

It sometimes takes a person multiple tries to quit tobacco use. Don't give up. You can increase your chance of success by using both counseling and medication together.

You can find other resources at quitnow.net, nicotine-anonymous.org or even on Facebook at facebook.com/quitforlife. There is also a great text to quit program at smokefree.gov. Tell your family, neighbors, friends, and co-workers, your quit tobacco use date so they can support you and increase your chances of staying tobacco-free for good.

Sincerely,

Sandy Bernier

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