

Smoking is expensive. Quitting is free.

Do the math. Not only are cigarettes putting a chokehold on your health, they're hitting your wallet just as hard. We can help.

- You can get free expert counseling by phone
- Or work with a counselor in person
- Use workbooks on your own
- You may be eligible for free nicotine replacement patches, gum and other medications

For Delaware residents 18 or older

A Free Service from



DELAWARE HEALTH AND SOCIAL SERVICES

Division of Public Health

Tobacco Prevention and Control Program



DELAWARE
QUITLINE **1-866-409-1858**



Once you stop smoking, the healing process begins.

20 minutes after quitting: Your blood pressure and pulse rate return to normal.

American Lung Association

48 hours after quitting: Your senses of smell and taste improve.

American Lung Association

2 weeks after quitting: Your risk of heart attack decreases and your blood circulation improves.

Centers for Disease Control and Prevention; American Lung Association

6 months after quitting: Coughing and wheezing decrease.

U.S. Surgeon General's Report

5 years after quitting: You have the stroke risk of a nonsmoker.

Centers for Disease Control and Prevention

15 years after quitting: You have the heart disease risk of a nonsmoker.

U.S. Surgeon General's Report