

OUR RELATIONSHIP HAS BECOME TOXIC

**GREAT  AMERICAN
SMOKEOUT**

IT'S A GREAT DAY TO 
BREAK UP WITH TOBACCO



G R E A T ★ A M E R I C A N
SMOKEOUT.
THIRD THURSDAY
IN NOVEMBER
CANCER.ORG/SMOKEOUT

NEW JERSEY
QUITLINE
1-866-NJ-STOPS



Tobacco-Free
FOR A HEALTHY NEW JERSEY

TOBACCO FREE FOR A HEALTHY NJ
QUIT CENTERS



BREAK UP WITH TOBACCO...

**20
MINUTES**



Heart rate and blood pressure
return to normal

**72
HOURS**



Breathing is easier; bronchial tubes
relax; energy levels increase

**1-2
YEARS**



Heart attack risk decreased by 50%

**10
YEARS**



Lung cancer risk is about half that of
a person who is still smoking

...AND END THE RELATIONSHIP FOR GOOD.

**SCAN FOR FREE HELP TO
QUIT SMOKING OR VAPING**

