



# Genesee County Health Department

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**Current Date:** January 5, 2015  
**Release Date:** Immediate Release      **End Date:** January 31, 2015  
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**RE:** Make Quitting Smoking Your New Year's Resolution

New Year's Day has always been a popular time to give up unhealthy habits. At the top of many people's list is to quit smoking. Quitting tobacco use is the most important New Year's resolution that many people will ever make.

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 New Year's Day 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
  - Taking a walk or climbing the stairs

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Better Life Through Better Health

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Main Phone 810-257-3612 ♦ Visit us at: [www.gchd.us](http://www.gchd.us)

- 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 Department of Community Health (MDCH) 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, Medicaid, and Medicare. Free nicotine patches are available for those who qualify. The quit line includes extra help for pregnant women. People interested in a class setting to help them quit should call Hurley Wellness Services at (810) 262-7898 to register for their Freedom From Smoking Class.