

You can be a tobacco-free family.

Qualifying families get free assistance to help quit smoking and **gift cards for your family!**

Quit smoking. Give your baby a healthy start.

Quitting smoking is the best thing you can do for you and your baby.

Cigarette smoke can harm your baby. Infants exposed to smoke are more likely to die before their first birthdays. Babies who breathe in smoke can have:

- Breathing problems
- More ear infections
- More coughs and colds
- Childhood cancers
- Lung infections
- Heart disease
- Eye problems

Quitting has immediate health benefits that last.

- Within a day, your heart rate drops, blood oxygen levels normalize and your chance of heart attack decreases.
- Within three months, your senses of taste and smell improve, heart attack risk drops and lung function improves.
- Within a year, you have more energy, coughing and shortness of breath decreases, and your likelihood of heart attack is cut in half.
- Within 15 years, your risk for lung cancer is reduced, and your risk for heart disease and stroke is reduced to that of nonsmokers.

There are other good reasons for you to quit.

- Feel good about what you have done for yourself and your family.
- Have more energy and breathe easier.
- Find your food tastes better.
- Live a longer, healthier life.

Ready to quit?

CONGRATULATIONS! By saying you are willing to quit, you've made a healthy decision for you and your family.

Before you are discharged from the hospital, we will make a referral for you to the Tobacco-Free Family program at Columbus Public Health. It is a free program that has incentives for staying smoke-free. Here's what happens next:

1. **You will receive a call** within 24-48 business hours. The number that will call is 614-645-1846.
2. **The call will last about 5-10 minutes** and you will be asked questions like:
 - How long have you been smoking?
 - When would you like to quit?
 - How soon would you like to meet and enroll?
3. **At your first appointment**, you and your coach will make a custom quit plan tailored to you.

Once you are smoke-free, you will receive gift cards each month you are smoke-free for up to 12 months!

Not ready to quit?

After you leave the hospital, we hope you will continue thinking about the benefits to you and your baby if you quit smoking. When you're ready to quit, call Tobacco-Free Family at **614-645-1846**.

Free monthly gift cards for your family!