

MEDIA RELEASE

Information **Advisory** **Warning** **Update**

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FOR MORE INFORMATION CONTACT:

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St. Clair County Health Department Supports the Great American Smokeout

The *Great American Smokeout* takes place on Thursday, November 17, 2016. The St. Clair County Health Department and the St. Clair County Smoke-Free Community Team (tobacco reduction coalition) are encouraging residents to prepare to quit on that day.

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.

- **Set a quit date.**
- **Tell your family and friends you plan to quit.**
- **Anticipate and plan for challenges.**
- **Remove cigarettes and other tobacco from your home, car, and workplace.**
- **Talk to your pharmacist, doctor, or quitline coach about quit options**

The Michigan Tobacco Quitline is an evidence-based service that continues to provide free telephone coaching for the uninsured, pregnant women, residents enrolled in Medicaid and Medicare, veterans, cancer patients, and American Indians, and free nicotine replacement therapy to those who qualify. The Quitline provides services including materials, text messaging, an online program, and referral to all Michigan residents. Individuals ready to quit can call *The Michigan Tobacco Quit Line* at **1-(800) QUIT-NOW** or enroll on-line at <https://michigan.quitlogix.org/>.

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