



Vilas County Public Health Department

Physical Address: 302 West Pine Street

Mailing Address: 330 Court Street • Eagle River, WI 54521

715-479-3656 • 866-845-2726 • Fax: 715-479-3741

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Contact: Tammi Boers, Vilas County Health Department: taboer@co.vilas.wi.us

Help Someone Quit

Once a tobacco user decides to quit, he or she is more likely to be successful if family, friends, or co-workers give help and support. For most tobacco users, cigarettes or chewing tobacco have been part of their lives for a long time. Encourage listing their reasons to quit, setting a target quit date, and offer to help in any way needed.

There are several ways to quit. A healthcare provider can be a great resource to help a loved one quit. He or she can discuss cessation medications and provide local resources. Wisconsin also has a free service with the Quit Line. Call 1-800-QUIT-NOW (1-800-784-8669) or go online to <http://ctri.wisc.edu/quitline.htm>

Perhaps the most important part about helping someone you care about to quit is to not be judgmental. The nicotine in tobacco products is highly addictive and it can be very difficult to quit.

Quitting is different for each person. The first seven to 10 days are the toughest and support may be needed the most during this time. Most tobacco users who return to using do so within the first three months, so try to keep in close touch for at least that long. Withdrawal, weight gain and urges are some challenges that might come up. Ask what you can do that would help the best. For example, some people might like constant reminders and encouragement, while others do better with less interaction. For more tips, visit <http://www.lung.org/stop-smoking/help-someone-quit/how-do-you-begin.html>

Quitting smoking is a journey. Be supportive and help each step of the way, from making a quitting plan to dealing with relapse.

Vilas County Public Health Department is part of the Northwoods Tobacco-Free Coalition that serves Oneida, Vilas, Forest, Florence, Price and Lincoln counties. Together these six counties work to address tobacco related health concerns within the community.

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