

10 Things to do instead of using tobacco

1. Go for a walk.
2. Wash the car.
3. Read a book.
4. Do a crossword puzzle.
5. Take a nap.
6. Call a friend.
7. Breathe deeply.
8. Drink ice water.
9. Take up a new hobby.
10. Chew gum.

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Contact Us

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Public Health**
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Tobacco Cessation Counseling



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What is tobacco cessation counseling?

Tobacco cessation counseling is an individualized plan developed between the tobacco user and a tobacco treatment specialist.

A tobacco treatment specialist is a professional who is trained to provide treatment for individuals seeking to stop their tobacco use. Nicotine is addictive and tobacco dependence is a chronic disease with periods of remissions and relapses. Effective treatment is available and individualized therapy is important. A certified tobacco treatment specialist provides:

- A personalized quit plan for tobacco use.
- Education about managing withdrawal symptoms.
- Education about FDA approved medications that can assist in quitting.
- Personal follow up support.

Why try counseling?

- Following a tobacco treatment quit plan doubles the quitting success rate.
- Combining counseling along with medication is more effective than trying either strategy alone.

What does it cost?

Clermont County Public Health will bill the counseling sessions to the individual's insurance company. *There will be no out-of-pocket expenses for the counseling sessions.

Recommended medications may not be covered by insurance companies.*




QUITLINE CALL IT QUILTS.
1-800-QUIT-NOW
1-800-784-8669



Tips to quitting tobacco

- Meet with a clinician or tobacco treatment specialist.
- Set a quit date.
- Remove all tobacco products from your home, car and workplace.
- Avoid alcohol while you are quitting. Drinking alcohol can be a trigger for tobacco use.
- Identify reasons for quitting and ask family, friends and co-workers to support you in your attempt to quit.
- Consider using an FDA approved medication/nicotine replacement therapy. Medications can reduce withdrawal symptoms.
- Healthy eating and exercise can increase chances of quitting successfully.
- Ask others not to use tobacco around you. Being nearby while others are using tobacco may make you want to use tobacco too.