



What are your reasons to quit?

Here are some ideas:

- ▶ You'll protect your brain, lungs and other organs
- ▶ You will breathe easier
- ▶ You won't be giving tobacco and vaping companies exactly what they want
- ▶ You won't need to hide it from your parents, teachers or boss
- ▶ You will perform better at sports or playing instruments
- ▶ You won't be hooked for life
- ▶ You won't feel as stressed
- ▶ You won't be labeled a smoker
- ▶ Non-smokers will be more interested in dating you

Quitting alone is hard.
Quitting with support is easier!



VISIT US:

mylifemyquit.com

Text "Start My Quit" to
36072

FOR MORE INFORMATION:

<https://hhs.iowa.gov/programs/mental-health/tobacco-use-prevention-control>
TOBCONTACTUS@idph.iowa.gov
515.281.6225



IOWA
Health and
Human Services

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MY LIFE[★] MY QUIT

**STAND UP
TO ADDICTION**





HOW WE CAN HELP

Get the truth about vaping, smoking and other nicotine products so you're not left in the dark when it comes to your future. If you decide you want to quit, we give you the tools you need to do it successfully.

Text "Start My Quit" to
855.891.9989

100% FREE, CONFIDENTIAL AND MADE FOR TEENS

- Text your quit coach or call for support.
- Get text messages that give you a boost while you quit.
- Learn how to cope with stress in healthy ways.
- Find out why your body craves nicotine.
- Get tips and the support you need to quit for good.

MY LIFE  MY QUIT

WHAT WOULD YOU GAIN IF YOU QUIT?

Vaping isn't cheap.

You can save more than \$50 a month by quitting vaping products, cigarettes or other forms of tobacco. That's \$600 a year! There are so many other ways you could spend that money — buy clothes or concert tickets, go to a movie or out to eat. Why give it to tobacco companies?

Vaping hurts you.

Every time you use tobacco, you hurt your brain, lungs and every other organ in your body. It leaves you stressed and can make it harder to catch your breath. Vaping products can even explode in your face! Why take the risk?

Quitting is worth it.

Within minutes of quitting, your body begins to heal itself. The sooner you quit, the more likely you are to live the rest of your life without permanent damage to your body and health.

