

## READY TO QUIT AND NEED SUPPORT?

Delaware Division of Public Health  
Delaware Quitline  
1-800-409-1858

For Delaware Residents Age 18 and Older

\*Trained tobacco specialists to help you assess your needs and explore the best options to help you quit through motivational and follow-up support.

Delaware Quitline also provides an online support service,  
[Quitsupport.com](http://Quitsupport.com).

☉ - ASH URN – Stash your ash!



This initiative is made possible in part through the Delaware Division of Public Health's Tobacco Prevention Community Contract. Funding for the Contract is provided by the Delaware Health Fund and managed by the American Lung Association in Delaware.

## City of Lewes



Tobacco-free for you and me!



On December 8, 2014, Lewes Mayor and City Council amended an ordinance to the City of Lewes Code Section 137-2, Outdoor Smoking in Public Places, prohibiting smoking on all Lewes public beaches. Please, stash your ash.



*City of Lewes, Delaware*

# A Tobacco-Free Life!

## Reasons to quit....

Celebrate healthier living. Becoming smoke free will not only help you to breathe easier, but you will have more time and energy for things you enjoy, like family, friends and hobbies. Quitting smoking gives you so much to look forward to, including:

### **Better Health –**

Smoking has a major negative impact on your physical health. According to the American Cancer Society, the average smoker will gain up to three hours a day by quitting. As soon as you quit, you will start to see improvements.

- In 12 hours** - The carbon monoxide level in your blood drops to normal.
- In 3-5 days** - Most nicotine is out of your body.
- In 1 week** - Your sense of taste and smell improves.
- In 1 month** - Your immune system starts to recover and you are less vulnerable to disease.
- In 3 months** - Your circulation improves and your lung function increases.
- In 9 months** - Coughing and shortness of breath decreases.
- In 5 years** - Your risk of a stroke has dramatically decreased.

### **More Money to Spare –**

Think of how much money you spend on cigarettes every day, week, month or year. The money you save by not smoking can be spent on rewards or contribute towards rent, bills, private health insurance, new clothes or education. An easy way to see how much money can be saved by quitting smoking is to use an online calculator. Go to [www.quitnow.net/Delaware/](http://www.quitnow.net/Delaware/) and use the Quit Now Calculator to learn how much money you can save by quitting.

### **Improved Self-Esteem -**

Becoming tobacco free also means you will look, feel and smell better – which can help you feel proud of yourself and improve your self-esteem.



## **Lewes Beach Tobacco-Free**

Cigarette butts are the number #1 littered item on U.S. beaches and roadways.

During the 28<sup>th</sup> Delaware Coastal Cleanup that was held on September 20, 2014, which was sponsored by the Department of Natural Resources and Environmental Control, volunteers picked up 18,877 cigarette and cigar butts along Delaware's shorelines and tributaries.

Providing smoke-free beaches where the smoking of tobacco products, including cigars, cigarettes, pipes, and e-cigarettes is prohibited, helps to reduce the negative impacts of improperly discarded tobacco products and "second-hand smoke" (Environmental Tobacco Smoke-ETS).

### A smoke-free beach environment helps to:

- Minimize litter.
- Lessen chances of harmful ingestion by children, pets, mammals, birds and aquatic life.
- Lessen toxic leachates (including arsenic, cadmium, lead & polycyclic aromatic hydrocarbons) that are poisonous to wildlife and can contaminate water sources.
- Reduces labor costs to clean up tobacco debris.
- Eliminates second-hand smoke, which contains more than 7000 substances; including over 70 compounds known for causing cancer.

**Help to keep Lewes Beach Tobacco-Free**  
**STASH THE ASH**