



# Tips to Help You Quit

## Why Should I Quit?

- Quitting tobacco is the number one thing you can do to improve your health.
- Hookah is NOT a safe alternative to cigarettes or other tobacco products.
- There is no such thing as safe tobacco, and hookah is no exception.
- Hookah smoke contains many of the same harmful chemicals in traditional cigarette smoke: carbon monoxide, tar, arsenic, chromium, cobalt, cadmium, nickel and lead.
- Tobacco has the same addictive properties, which can lead a hookah user to begin using cigarettes or become a dual user of hookah and cigarettes.

## How Do I Quit?

- Call Alaska's Tobacco Quit Line! The quit line is FREE for all Alaskans. Call 1-800-QUIT-NOW (1-800-784-8669) 24 hours a day, 7 days a week.
- Quit line services include phone coaching sessions and free nicotine replacement therapy.
- Get support from friends and family. Ask Alaska's Tobacco Quit Line to send you the *Ally Guide*.
- Contact your healthcare provider to find the help you need to quit.
- Keep trying to quit! Most tobacco users make several quit attempts before staying quit for good.

*“ I really appreciate the program and everyone involved. The fact that I could use the patches... it took me a couple tries, but I finally did it. The support was there when I needed it and that was really good. If it wasn't for the quit line, I wouldn't be here. ”*

— Alaska's Tobacco Quit Line  
Caller

ALASKA'S  
TOBACCO  
**QUIT LINE**  
1-800-QUIT-NOW  
IT'S FREE. IT'S CONFIDENTIAL. AND IT WORKS.

For more information, visit [alaskaquitline.com](http://alaskaquitline.com)

