

Quit Tips:

Make the decision to quit. List your reasons for quitting and place the list where you can see it often.

Set your quit date. Circle your quit date on a calendar.

Get prepared. Throw away your cigarettes, lighters and ashtrays. For your weaker moments, buy raw vegetables or other healthy snacks.

Get help. Your doctor can provide you with helpful ways to quit. Choose a method that will work best for you.

Make a plan. Think about how you will handle our weaker moments. For example, if you typically crave a cigarette after a meal, plan to take a walk instead.

Plan for uneasy times. Plan for how you will handle others smoking around you.

Get support. Ask for patience and support from your partner, family and friends.

Reward yourself. Plan for how you will spend all the money you save once you quit.



A Guide to Assist You In Becoming Tobacco Free

**Tobacco Free Date:
July 1, 2014**

University Healthcare/Berkeley Medical Center is committed to fulfilling its mission of improving the health status of Eastern Panhandle residents. The use of tobacco is associated with substantial risk to health and life. As a leading healthcare organization in our community, University Healthcare will provide a tobacco-free environment on all our campuses in Berkeley County to promote healthier lifestyle choices and to reduce the risks of tobacco use.

As of July 1, 2014, as regulated by the Berkeley County Health Department, the use of tobacco products will be prohibited on all University Healthcare premises in Berkeley County. The ordinance includes cigarettes, cigars, pipe tobacco, and e-cigarettes. Berkeley Medical Center also prohibits the use of smokeless tobacco of any kind.

All employees, members of the credentialed medical staff, volunteers, students, patients, visitors, vendors, contractors and all other persons are expected to comply with this policy.

Tobacco Cessation Resources

American Cancer Society Freshstart Program

Visit www.cancer.org or call 1-800-227-2345, press 3 for information on tobacco cessation.

FREE Freshstart Smoking Cessation Classes are available to employees, their families and the community.

Contact Dana DeJarnett @ 304-264-1287, ext. 31814 or ddejarnett@wvuhealthcare.com for more information.

WV Tobacco Quitline

Tobacco Quitline and online services for WV residents. Services available include information and materials on quitting tobacco, a four week supply of nicotine replacement therapy (eligibility requirements for nicotine replacement therapy) and individual phone coaching. To enroll, call toll free: 1-877-966-8784 (8am-8pm, Mon-Fri) or visit www.ynotquit.com for more information.

ALA Freedom From Smoking

American Lung Association offers an online individualized program. Visit www.ffsonline.org

Freedom From Smoking Classes are offered at *(fee may be required)*:

Shenandoah Valley Medical System
Contact Ashley DeGraw, RN
(304) 263-4999

Berkeley County Health Department
Contact Ashley Petrolino, MPH
W: 304-263-5131
Ashley.V.Petrolino@wv.gov
www.bchealthdept.org

National Cancer Institute

www.smokefree.gov or call 1-877-448-7848

Other Websites and Resources

- www.WhyQuit.com
- www.quitnet.com
- www.bobquits.com
- www.becomeanex.org
- www.tobaccofreekids.org
- www.cdc.gov/tobacco/quit_smoking/how_to_quit/index.htm
- www.betobaccofree.gov
- www.cdc.gov/tobacco/
- SmokefreeTXT—mobile service designed to provide 24/7 encouragement, advice, and tips to help smokers stop smoking for good
- QuitSTART app—a free smartphone app that can help you track your cravings and moods, monitor your progress toward achieving smokefree milestones

