



## **November is the month of the Great American Smoke Out!**

### **Educate and Advise Parents on Risks of Nicotine**

- Advise that there is no safe level of nicotine exposure for pregnant women, infants, children and Adolescents.
- Advise that accidental exposure to liquids contained in e-cigarettes can cause poisoning, especially in children. In 2014, there were 62 children poisoned with e-cigarette liquids.
  - These products can be flavored and the packages are appealing to children.



If a child is exposed to nicotine call Poison Control immediately.

Help Patients Quit by sharing these tips

1. **Set a quit date.** Choose the **Great American Smoke Out** or another quit day within the next 2 weeks.
2. **Tell your family and friends you plan to quit.** Share your quit date with the important people in your life and ask for support. A daily e-mail, text message, or phone call can help you stay on course and provide moral support. Plan a smoke free lunch date or game night to distract yourself. Or gather your family in the kitchen to cook a special meal together.
3. **Anticipate and plan for challenges.** The urge to smoke is short—usually only 3 to 5 minutes. Surprised? Those moments can feel intense. Before your quit day, write down healthy ways to cope. Even one puff can feed a craving and make it stronger. Healthy choices include:
  - Drinking water
  - Taking a walk or climbing the stairs
  - Listening to a favorite song or playing a game
  - Calling or texting a friend
4. **Remove cigarettes and other tobacco from your home, car, and workplace.** Throw away your cigarettes, matches, lighters, and ashtrays. Clean and freshen your car, home, and workplace. Old cigarette odors can cause cravings.
5. **Talk to your pharmacist, doctor, or quit line coach about quit options.** Nicotine patches, gum, or other approved quit medicines may help with cravings.

**Encourage patients to call their Health Plan to inquire about Quit Smoking Plans and Support!**



For more information about the Child and Teen Checkups Program in Wright County Call 763-682-8921 or 1(800)362-2667

Created by Mille-Lacs County  
Child and Teen  
Checkups

