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FOR IMMEDIATE RELEASE

Contact: Shannon Lands, PIO (419) 213-4143

November 21, 2019

The Great American Smokeout: Make a Plan to Quit

Today, the Toledo-Lucas County Health Department is celebrating the Great American Smokeout, by encouraging smokers to start their journey toward a smoke-free life. The Great American Smokeout, sponsored by the American Cancer Society, provides an opportunity for individuals to use the third Thursday in November, to make a plan to quit.

The Toledo-Lucas County Health Department has teamed up with the Ohio Quit Line, which provides telephone support services to anyone who is ready to quit using tobacco or nicotine products, including vaping and e-cigarettes. The Ohio Quit Line is free and easy to use. Those who are ready to connect with a professional may dial 800-QUIT NOW or 800-784-8669.

It's hard to quit and no one has to do it alone. Research shows, people who smoke are most successful in their efforts to stop when they have support such as: a telephone quit line, individual or group counseling, and encouragement from friends or family members.

For more information, call TLCHD's tobacco program at 419-213-4558 or visit the Health Department's webpage for additional local resources on quitting tobacco and nicotine use: www.lucascountyhealth.com/tobacco-cessation-prevention.

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