

# Quitting Tobacco ... It's a Matter of Cents (Sense)

## Text Blocks for Emails/Newsletters



Tobacco Free Nebraska – Nebraska Department of Health & Human Services – Division of Public Health

### 25 Words

Ready to quit wasting your cash and health on tobacco? The Nebraska Tobacco Quitline can help you get started. Enroll today.

Call 1-800-784-8669 (1-800-QUIT-NOW) or go to [QuitNow.ne.gov](http://QuitNow.ne.gov).

### 50 Words

Save your cash and health for something better than tobacco! In a week, a pack-a-day smoker who quits saves enough for dinner for two at a casual restaurant. And, in as little as a ½ day, the carbon monoxide level in your blood returns to normal.

Ready now? The Nebraska Tobacco Quitline can help.

1-800-784-8669 (1-800-QUIT-NOW), [QuitNow.ne.gov](http://QuitNow.ne.gov)

### 100 Words

What would happen if you quit tobacco right now?

In 12 hours, the carbon monoxide level in your blood would return to normal. In as soon as two weeks, your circulation would improve, and your lung function would increase. In anywhere from one to nine months, you'd be coughing less and wouldn't be as short of breath.

And, if you're a pack-a-day smoker, you would save enough money over the next year to buy a flat-screen TV, a tablet or two, plus the latest smartphone ... and still have money left over!

Ready to kick tobacco out? Call the Nebraska Tobacco Quitline at 1-800-784-8669 (1-800-QUIT-NOW) or go to [QuitNow.ne.gov](http://QuitNow.ne.gov).

# Quitting Tobacco ... It's a Matter of Cents (Sense)

## Text Blocks for Emails/Newsletters



Tobacco Free Nebraska – Nebraska Department of Health & Human Services – Division of Public Health

### 200 – 250 Words

Not sure whether quitting tobacco would really make a difference in your life? It would!

First let's talk cash ... who doesn't need more cash, right? If you're a pack-a-day smoker, you're spending right around \$2,000 a year on cigarettes. That's a LOT of money and it's enough to pay for a pretty decent vacation for yourself and a friend or two. (And for all you half-a-pack-a-day smokers, \$1,000 could buy a pretty sweet flat-screen TV.) Even in just a week's time, you'd save enough to cover dinner for two at a casual restaurant.

Are the savings not enough to convince you? Okay then, let's talk about your health.

In 12 hours after quitting, the carbon monoxide level in your blood returns to normal. In as little as two weeks, your circulation improves and your lung function increases. In anywhere from one to nine months, you'll be coughing less and won't be as short of breath. After one year, your risk of coronary heart disease would be half that of someone who is still smoking. And, in two to five years, your risk of stroke could fall to that of a nonsmoker.

Ready to quit wasting your hand-earned money and precious health on tobacco?

The Nebraska Tobacco Quitline can help you kick tobacco out of your life for good. Call today at 1-800-784-8669 (1-800-QUIT-NOW) or go to [QuitNow.ne.gov](http://QuitNow.ne.gov).