

A **FREE** TELEPHONE SERVICE THAT HELPS OHIOANS  
QUIT SMOKING AND USING TOBACCO.

**QUIT NOW. FEEL THE DIFFERENCE.**

Improvements in your health begin within minutes of quitting even if you have used tobacco for years.

**20 MINUTES**

Blood pressure and pulse rate decrease.

**8 HOURS**

Carbon monoxide and oxygen levels in blood return to normal.

**1 DAY**

Chance of a heart attack decreases.

**2 DAYS**

Better sense of taste and smell.

**2 WEEKS - 3 MONTHS**

Circulation improves and lung function increases.

**1-9 MONTHS**

Coughing, sinus congestion, fatigue and shortness of breath decrease.

**1 YEAR**

The likelihood of a heart attack is cut in half.



THE OHIO TOBACCO QUIT LINE  
**1-800-QUIT-NOW | 1.800.784.8669**

INTERESTED IN LEARNING MORE  
ABOUT TOBACCO CESSATION  
AND ENROLLING IN THE  
OHIO TOBACCO QUIT LINE ONLINE?

Log on to **Ohio.quitlogix.org** and enroll 24/7.  
A quit specialist will call you within 24–48 hours  
to begin counseling services.

Members of the Ohio Tobacco Collaborative are  
also eligible for services through the Quit Line.  
The Ohio Tobacco Collaborative is a unique  
private-public partnership which provides  
insurance carriers, employers and third-party  
administrators with access to the Ohio Tobacco  
Quit Line services at a state-negotiated (reduced)  
rate. Call the Ohio Tobacco Quit Line to find out if  
your employer or health plan is a member.

If you are ready to quit, call  
**1-800-QUIT-NOW**  
or log on to  
**Ohio.quitlogix.org**



Scan the code  
for a quick link to  
our website.

Must have a  
QR Reader Ap for  
your smartphone.

 OHIO  
TOBACCO  
**QUITLINE** CALL IT QUILTS.  
**1-800-QUIT-NOW**  
1-800-784-8669  
<http://ohio.QuitLogix.org>

Ohio Department of Health | Tobacco Use Prevention and Cessation Program