



WORLD NO TOBACCO DAY

31 MAY

Commit to Quit

Quitting a long-term habit/addiction needs a plan of action.

Let us guide you through a) the benefits of quitting

b) setting up your *Quitting Action Plan*

c) links to excellent resources.

Calls to action for non-smokers are also included.



A Time-line of the Benefits of Quitting Smoking

Source: The Benefits of quitting smoking -
University of Cape Town Lung Institute.



20
mins

Blood pressure & pulse rate decrease.

8
hours

Carbon monoxide (toxic gas) levels in blood drop by half & oxygen levels rise to normal.

48
hours

Heart attack risk decreased. No nicotine left in the body. Sense of taste & smell improve.

72
hours

Bronchial tubes will relax & energy levels will increase.

2
weeks

Circulation increased & will improve for next 10 weeks.

3-9
months

Coughing, wheezing & breathing problems will dissipate as lung capacity improves by 10%.

1
year

Risk of a heart attack drops by half.

5
years

Risk of having a stroke returns to that of non-smokers.

10
years

Risk of having lung cancer returns to that of non-smokers.

15
years

Risk of having a heart attack returns to that of non-smokers.

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Your Quitting Action Plan

"If you fail to plan, you are planning to fail!"-Benjamin Franklin

Taking the time to establish a Quitting Action Plan, can increase your chance of success.



Follow these helpful steps to develop your own Quitting Action Plan.

1. How important is it for you to quit?

0 __ 1 __ 2 __ 3 __ 4 __ 5 __ 6 __ 7 __ 8 __ 9 __ 10

Not at all important Extremely important

What could make it more important for you to quit smoking?

2. How confident are you that you will be able to quit?

0 __ 1 __ 2 __ 3 __ 4 __ 5 __ 6 __ 7 __ 8 __ 9 __ 10

Not at all important Extremely important

What would help you to increase your confidence level?

3. On what date will you quit smoking?

- Pick a date within the next month, so it's not too far in the future but it gives you time to prepare.
- Start to smoke less leading up to that day.
- On the day, throw away all cigarettes, ashtrays, lighters and other temptations in your home, car and work place.

4. What challenges might you have to quit using tobacco products and how will you overcome these?

We've listed some challenges to get you going, pick the ones that apply to you and add others you think you might have.

Challenges	Managing challenges
Cravings	Chewing on fruit/veggie sticks, gum, or even a straw can help deal with the urge to have a cigarette in your mouth. Go to places where you can't smoke. Stay busy. Speak to your doctor about prescription medication if needed.
Habit	Switch to other activities not associated with smoking: Don't go to places where you would usually smoke. Take a walk break, rather than a smoke break. Find something to do after meals, instead of smoking.
Boredom	Go for a walk. Meditate. Find a hobby. Clean your office space or home. Phone / talk to someone. Play a game on your phone. Read. Revisit your quit action plan.
Stress, Tension, Irritability	Get active (walk, stretch, follow exercise videos). Practise deep breathing and other relaxation techniques. Get support from someone. Deal with the source of the stress.
Everyone around smokes.	Steer clear of these people & places, especially in the 1st weeks.
Coughing	Sipping on water or sucking throat lozenges will relieve the cough.
I don't want to gain weight.	Only have healthy snacks/food available. Drink water, rather than eating to replace cravings. Get physically active.

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Resources to help you Quit

National Council Against Smoking

- Quitline: 011 720 3145 WhatsApp: 063 828 2909
- Email: quit@iafrica.com
- Website: <https://www.againstsmoking.co.za/>

Cancer Association of South Africa (CANSA)

- eKick Butt programme (a unique free online smoking cessation programme): <https://www.ekickbutt.org.za/>
- Call Centre: 0800 22 6622 Toll Free
- Email: info@cansa.org.za
- Website: <https://cansa.org.za/avoid-tobacco/>

The Heart and Stroke Foundation of South Africa

- Call Centre: 086 014 278
- <https://www.heartfoundation.co.za/stop-smoking/>

World Health Organization (WHO)

- https://www.who.int/health-topics/tobacco#tab=tab_1

iChange4Health

- <https://www.ichange4health.co.za/healthier-choices/quit-smoking/>

Nicotine replacement therapies

Nicotine replacement therapies such as gum, patches, lozenges, nasal spray, inhalers, etc. are designed to help smokers quit tobacco by reducing withdrawal symptoms.

Speak to your doctor or pharmacist about these products.



5

Bonus Quitting Tips

- 1 D**elay acting on the urge to use tobacco products, it usually disappears after a few minutes. And try the following:
- 2 D**rink water to flush out the nicotine.
- 3 D**eep breathing: breath in through your nose, hold it for 5 seconds, breath out through your mouth. Repeat 4-5 times.
- 4 D**o something else to keep you busy mentally and physically.
- 5 D**iscuss with others who support you or who have stopped smoking.
Contact the resources listed above.

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What non-smokers can do:



Be a role model and create awareness

about the benefits of not using / quitting using tobacco products.



Protect yourself & others against secondhand smoke (what smokers breath out).

The following people should not use / be exposed to tobacco products.

- Pregnant women.
 - Children.
 - The elderly.
 - People with compromised immune systems.
-



Support someone who is trying to quit.



Report smoking in non-smoking areas by lodging a complaint

to the owner of the premises or the Environmental Health Office in your municipal area. If you don't get help, report this to CANSA Information Service on advocacy@cansa.org.za or call toll free on 0800 226622.



Be an advocate:

- No smoking in a car with a child under 18.
 - No smoking (mums to be and partners) when planning and during pregnancy.
 - No smoking in indoor, enclosed or partially enclosed areas such as covered patios, verandas, balconies, or walkways which is open to the public.
 - No smoking close to public entrances.
 - No smoking on premises that are used for commercial childcare activities or for schooling.
 - No person shall sell or supply any tobacco product to any person under the age of 18 years.
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For more information on legislation:

<https://www.againstsmoking.co.za/national-and-regional-policies>

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