



## Smoke-Free Living

This Tobacco Prevention page provides information and links to students to **help them quit smoking**. Students can also contact the Harbour Pointe Middle School, Kamiak and Mariner High School Prevention Interventionist Specialist at [everettkm@mukilteo.wednet.edu](mailto:everettkm@mukilteo.wednet.edu) or by phone (425)366-5435.

### What Happens When You Quit Smoking Timeline



# Withdrawal Symptoms

When you try to quit smoking you may have symptoms that may be due to nicotine withdrawal, including urge to smoke, depressed mood, trouble sleeping, irritability, frustration, anger, feeling anxious, difficulty concentrating, restlessness, decreased heart rate, and increased appetite, or weight gain.

## Help with quitting smoking

The Affordable Care (also known as Obama Care) requires all insurance policies to cover some form of cessation services. What exactly they cover may vary from policy to policy. [How the Affordable Care Act Affects Tobacco Use and Control \(PDF\)](#)

## Nicotine replacement

Nicotine replacement options are available over-the counter at many pharmacies and drug stores. Nicotine replacement options include gum, lozenges, and patches. There are also medications your doctor can prescribe to you such as Chantix and Zyban.

Contact your doctor about options for quitting smoking, including nicotine replacement or medications.

## Quit APPS

Quit apps or text support on your smartphone are a good resource to consider. Options include:

✦ [quitSTART](#)

✦ [SmokefreeTXT](#) .

✦ [QuitNow!](#)

Go online to [teen.smokefree.gov](http://teen.smokefree.gov). To enroll on the go using a mobile phone, text QUIT to iQUIT (47848).

N-O-T: Not on the tobacco-Proven **Teen Smoking and vaping Cessation Program**

<https://www.lung.org/quit-smoking/helping-teens-quit/not-on-tobacco>

## Quit Lines

Washington State offers a quit line with counselors at 1-800-QUIT-NOW (1- 800 784-8669).

National Cancer Institute's also has trained counselors at 877-44u-Quit (877-448-7848).

## Quit Support

<https://www.nicotine-anonymous.org/>

Family and friends may be your most important support group. They want you to be healthy.

## Other Resources

[Snohomish Health District](#)

[Smokefree Teen](#)

[American Lung Association](#)