

Resources for Consumers

- Tobacco Stops With Me – <http://www.ok.gov/stopswithme/>
- Clearing the Air - http://www.smokefree.gov/pubs/Clearing-The-Air_acc.pdf
- Quitting Tobacco - Handling Anxiety...without Smoking, <http://www.smokefree.gov/Docs2/HandlingAnxiety.pdf>
- Quitting Tobacco: Handling Depression...without Smoking - <http://www.smokefree.gov/Docs2/HandlingDepression.pdf>
- Quitting Tobacco: Short-term and Long-term Health Benefits - http://www.cancer.gov/images/Documents/263bdbc5-d9e7-4e12-8b8f-37bb9c69422f/fs10_13.pdf
- Secondhand Smoke Questions and Answers - http://www.cancer.gov/images/Documents/3770da1d-1c3a-4a1c-905f-944140049158/Fs10_18.pdf
- Spit Tobacco: A Guide for Quitting - <http://www.nidcr.nih.gov/NR/rndonlyres/DF314871-B0A6-4171-B831-C472F543C154/0/SpitTobacco.pdf>
- Guia para dejar de fumar: No lo deje para mañana, deje de fumar hoy (Guide to Quitting Smoking: Don't Leave It for Tomorrow , Quit Today) - http://dccps.cancer.gov/tcrb/No_FumarC.pdf
- Preguntas y respuestas sobre dejar de fumar (Questions and Answers about Smoking Cessation) - http://cip.cancer.gov/images/Documents/58d18c26-ecb4-402f-a855-56d880b33f2d/Fs10_19s.pdf
- Tobacco, Alcohol, Drugs and Pregnancy - http://www.acog.org/publications/patient_education/bp170.cfm
- Smoking and Pregnancy: There's Never Been A Better Time To Quit – <http://www.lungusa.org/site/pp.asp?c=dvLUK9O0E&b=33573>
- Preventing Smoking and Exposure to Secondhand Smoke, Before, During, and After Pregnancy - <http://www.cdc.gov/nccdphp/publications/factsheets/Prevention/smoking.htm>
- Cost Savings Calculator - <https://www.quitnow.net/ups/About/Calculator/CostSavings.aspx>