

## Tobacco Cessation and Remaining Tobacco Free Attestation

You will receive 30 points for completing this activity

Name: \_\_\_\_\_ Facility: \_\_\_\_\_

As you are aware, Compass Health, Inc. and its facilities are Tobacco-Free campuses. We are committed to the health of our residents and employees and we encourage our employees to be tobacco-free outside of the workplace as well.

The County of San Luis Obispo has many resources to assist in quitting tobacco. Quit Tobacco classes are offered throughout the county in Paso Robles, Atascadero, San Luis Obispo and Grover Beach. For more information, please go to: [www.slocounty.ca.gov/Tobacco](http://www.slocounty.ca.gov/Tobacco)

Compass Health Wellness and Prevention also offers additional assistance and resources for quitting tobacco, including access to hypnosis therapy. For more information, or for a current calendar of Quit Tobacco classes, please contact [chiwellness@compass-health.com](mailto:chiwellness@compass-health.com)

### Tobacco-Free Attestation:

I, \_\_\_\_\_, attest that I am tobacco-free and have not used any tobacco product in the last 6 months preceding signing this affidavit. Tobacco-free means I have not used cigarettes, pipes, cigars, chewing tobacco, snuff, or any other type of smoking or smokeless tobacco. I understand that one usage of any tobacco product is considered tobacco use.

How have you stayed tobacco-free and how has it improved your wellness?

\_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### What happens to your body if you stop smoking right now?

- In 20 minutes, your blood pressure will drop back down to normal.
- In 8 hours, the carbon monoxide (a toxic gas) levels in your blood stream will drop by half, and oxygen levels will return to normal.
- In 48 hours, your chance of having a heart attack will have decreased. All nicotine will have left your body. Your sense of taste and smell will return to a normal level.
- In 72 hours, your bronchial tubes will relax, and your energy levels will increase.
- In 2 weeks, your circulation will increase, and it will continue to improve for the next 10 weeks.
- In 3 to 9 months, coughs, wheezing, and breathing problems will dissipate as your lung capacity improves by 10%.
- In 1 year, your risk of having a heart attack will have dropped by half.
- In 5 years, your risk of having a stroke returns to that of a non-smoker.
- In 10 years, your risk of lung cancer will have returned to that of a non-smoker.
- In 15 years, your risk of heart attack will have returned to that of a non-smoker.

For support in quitting, including free quit coaching, a free quit plan, free educational materials, and referrals to local resources, call 1-800-QUIT-NOW (1-800-784-8669)

American Heart Association

[www.heart.org/en/healthy-living/healthy-lifestyle/quit-smoking-tobacco/help-i-want-to-quit-smoking](http://www.heart.org/en/healthy-living/healthy-lifestyle/quit-smoking-tobacco/help-i-want-to-quit-smoking)

Kick It Quit App

[www.kickitca.org](http://www.kickitca.org)

Self Hypnosis - App Finito