



Ministry of Health  
& Family Welfare  
Government of India



World Health  
Organization  
India



EVERY  
BREATH COUNTS  
**STOP TOBACCO USE !**  
**STOP TB !!**

**Death from TB is four times higher among tobacco users**

### SERVICES AVAILABLE FOR QUITTING TOBACCO

#### mCessation-

- Free registration by giving missed call on **011-22901701** OR by registering online at <https://www.nhp.gov.in/quit-tobacco>
- Person will receive regular SMS to motivate and support quitting tobacco.

#### National Tobacco Quitline-

- Free registration by calling toll free number **1800-11-2356**.
- Person will be registered and follow-up call will be made to assist.
- 'Quit Tobacco Pack' will be sent on registered address.

#### Tobacco Cessation Centre-

- Located in district hospital/ medical college/dental college/NCD clinic
- The counselor will support through intensive counselling
- Treatment for tobacco addiction is available, as per need

## How you can help TB Patient with tobacco addiction

- Remember that the TB patient is very receptive to your advice
- Look at the TB treatment card for tobacco usage.
- For a tobacco user, start with 'Brief Advise' such as 'Quitting tobacco use is easy & will improve your TB treatment outcome'
- Assess the intention to quit tobacco by asking "have you thought about quitting tobacco?"

If the patient appears ready to quit, the next steps are

- Assist the tobacco user in making a quit plan
- Every fortnight (or earlier) follow up about the efforts made towards quitting tobacco

If the TB patient is not willing to quit tobacco use

- Make the user aware about harm effects of tobacco use and benefits of quitting (many tobacco users are unaware of the harm effects)
- Try to identify barriers to quitting (e.g. fear of failure, withdrawal symptoms, lack of support, being around others who use tobacco, enjoyment of tobacco etc.) and help the patient to overcome through motivation
- If repeated/regular advice is given to patient about the harm effects of tobacco use and benefits of quitting, there is a high possibility of quitting

If TB patient is still not able to quit, refer to

- ☞ mCessation: **011-22901701**
- ☞ National Tobacco Quitline: **1800-11-2356**
- ☞ Nearest Tobacco Cessation Centre

## QUITTING TOBACCO IS POSSIBLE- FOLLOW THESE SIMPLE RULES



Set a quit date, the date should be within 7 to 10 days



Avoid people, places and situations where tobacco is used



Don't keep any tobacco product with you



When you feel the urge for using tobacco, take deep breath and do some activity which you enjoy such as listening to music, yoga and talking to your friends. Keep saunf, elaichi, mishri, laung, etc in your mouth



Go for morning walk every day and drink plenty of water and fluids to reduce the craving



Reward yourself and your loved one's with a gift with the money saved

Be firm, stick to your decision to quit on your quit date.

Anticipate and plan for challenges -

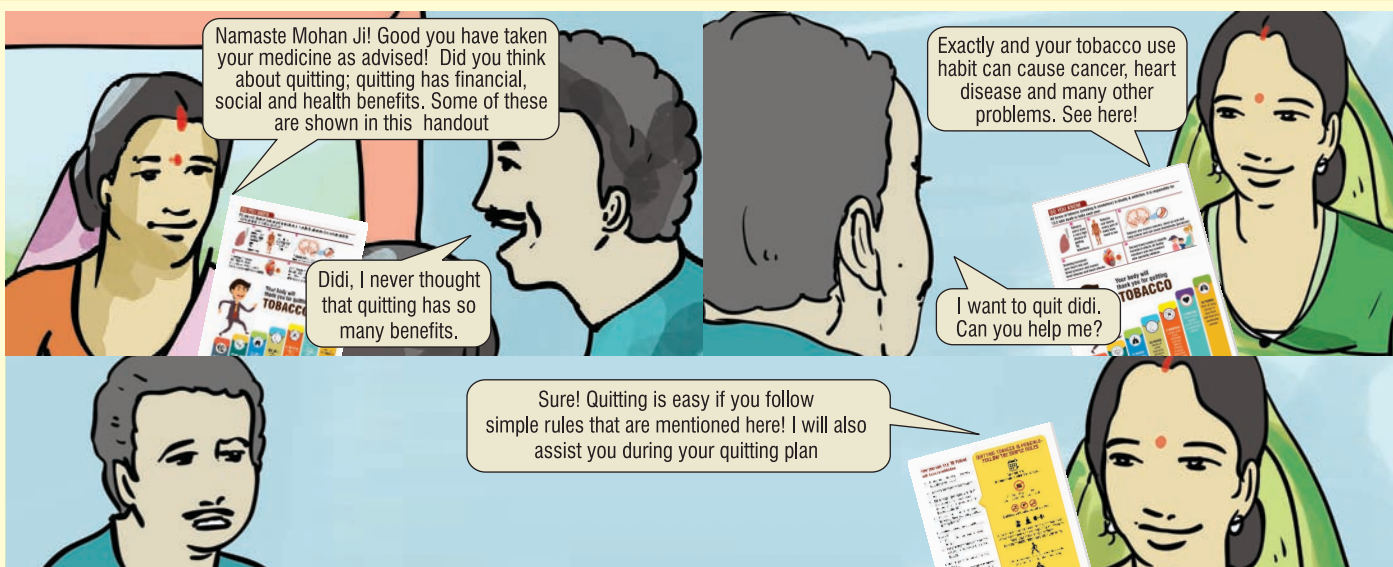
- short term: triggers and withdrawal symptoms (headache, irritation, anger, sleeplessness, change in bowel habit, chest heaviness etc.)
  - long term challenges: stressful situations and feeling down



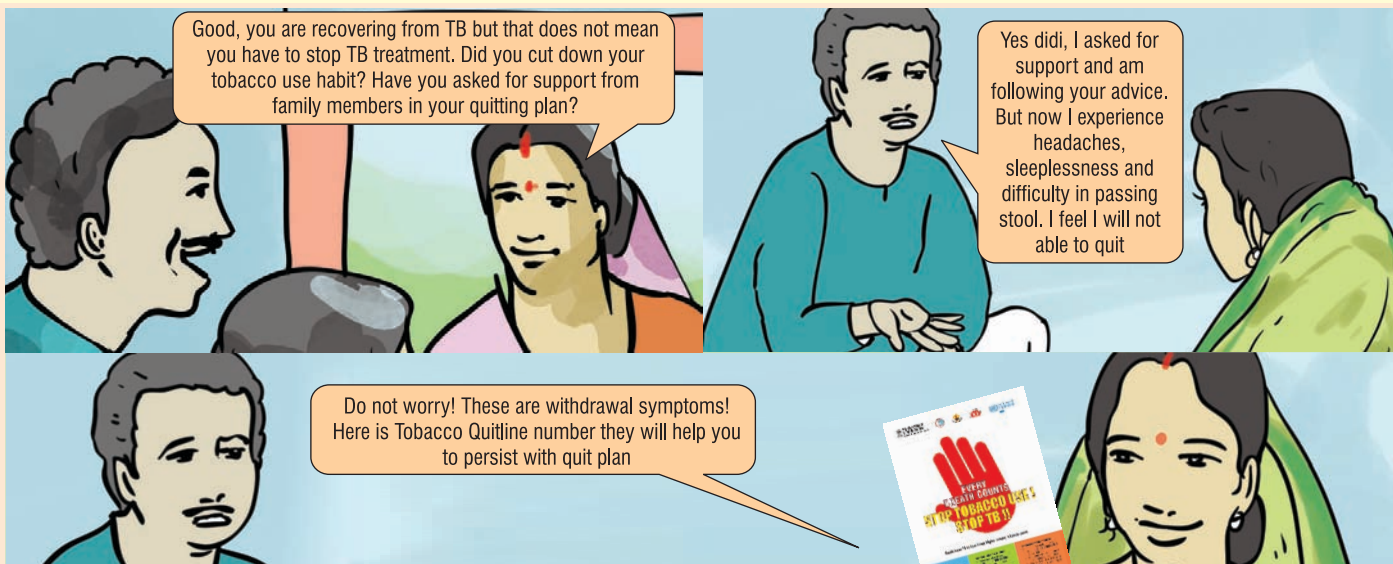
Tell family, friends and co-workers about your quit plan so that they are able to provide support



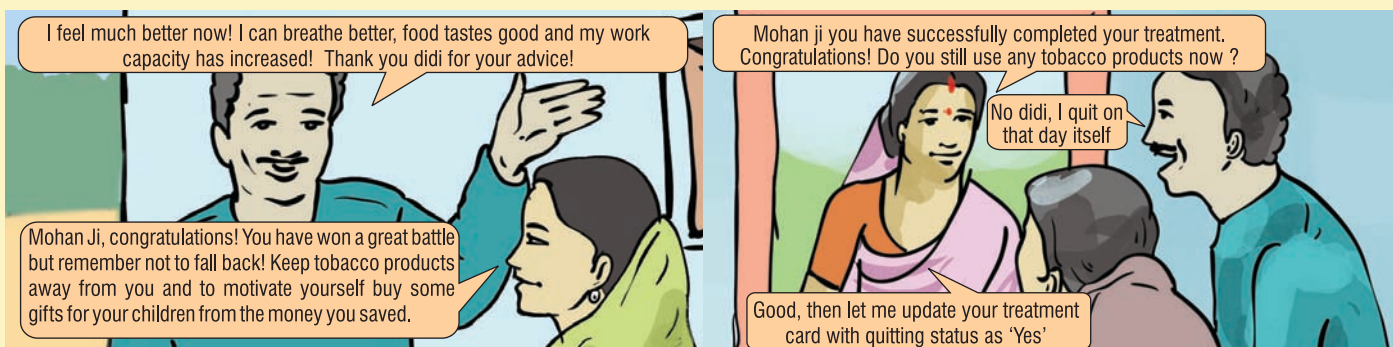
AFTER 2 DAYS



AFTER 15 DAYS



30 DAYS

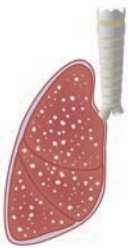

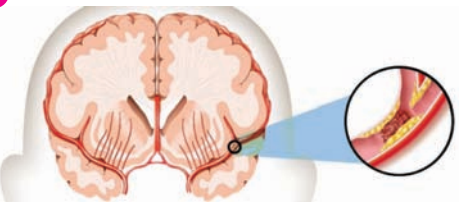
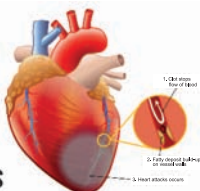



LAST DAY OF TB TREATMENT




## DO YOU KNOW

All forms of tobacco (smoking & smokeless) is deadly & addictive. It is responsible for 13.5 lakh death in India each year

<p><b>1</b></p>  <p>Tobacco users have a very high chance of getting TB infections</p>	<p><b>2</b></p>  <p>Tobacco use harms every part of body from head to toe</p>	<p><b>3</b></p>  <p>Tobacco use causes cancers and can cause brainstroke (paralysis)</p>
<p><b>4</b></p> <p>Smoking increases your heart rate and blood pressure and causes heart disease and heart attacks</p>		<p><b>5</b></p> <p>Second hand smoke is equally harmful-it effects all family members and non smokers specially children</p> 




Your body will  
thank you for quitting  
**TOBACCO**



**IMMEDIATE:**  
Quitting makes you feel better and you start tasting food better




**20 MINUTES AFTER QUITTING:**  
Blood pressure and pulse returns to normal




**12 HOURS:**  
Lung function begins to improve as toxic gases are out of body




**48 HOURS:**  
Sense of smell improves; physical activity becomes easier



**2 MONTHS:**  
Lungs work more efficiently and are able to remove mucous; blood flow to the limbs improves



**12 MONTHS:**  
Risk of heart disease is half as compared to tobacco user



**10 YEARS:**  
Risk of lung cancer is less than half as compared to tobacco user

**Choose life, Not tobacco.**