

# Great American Smokeout<sup>®</sup>

November 18, 2021

You Don't Have to Stop Smoking in One Day.  
Start with Day One.



## Connecticut Clearinghouse Resources

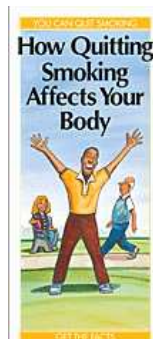
Deje De Fumar Por Un Dia: Para Siempre

[Health Benefits of Smoking Cessation](#)  
(Fact Sheet)

How Quitting Smoking Affects Your Body  
(Pamphlet)

Women & Smoking: 10 Great Reasons to Quit (Pamphlet)

You Didn't Fail at Quitting: You Just Haven't Finished the Process (Poster)



Being a current smoker increases your risk for severe illness from COVID-19. Smoking weakens the immune system, which makes it harder to fight disease. If you continue to smoke, you have a greater risk for respiratory infections like pneumonia, colds, or flu.

There has never been a better time to quit smoking. Learn more about the many FREE resources available to help you or a loved one kick the habit.

## Connecticut Resources

CT Quitline  
1-800-QUIT NOW (1-800-784-8669)  
[www.quitnow.net/connecticut](http://www.quitnow.net/connecticut)  
Open 24/7 with English, Spanish, and other language speaking coaches are available.

Commit To Quit  
<https://committoquitct.com/>

211 Infoline  
<https://uwc.211ct.org/state-smoking-quitlines/>

## National Resources

American Cancer Society  
[www.cancer.org/smokeout](http://www.cancer.org/smokeout)

American Lung Association  
[www.lung.org/](http://www.lung.org/)

[BeTobaccoFree.gov](http://BeTobaccoFree.gov)

SmokeFree.Gov  
<https://smokefree.gov/>

SmokeFreeWomen.gov  
<https://women.smokefree.gov/>

Smokefree Teen  
<https://teen.smokefree.gov/>