

WHITESIDE
COUNTY
HEALTH
DEPARTMENT

The Cost of Smoking

Number of Packs a Day

	1	2	3
Day	\$4.50	\$9	\$13.50
Week	\$31.50	\$63	\$94.50
Month	\$135	\$270	\$405
Year	\$1,643	\$3,285	\$4,928
10 Years	\$16,425	\$32,850	\$49,275
20 Years	\$32,850	\$65,700	\$98,550
30 Years	\$49,275	\$98,550	\$147,825.25
40 Years	\$65,700	\$131,400	\$197,100

Source: Illinois Department of Public Health

With smoking, another \$700 or more per year can be spent on the following:

- **Lighters and other smoking items**
- **Cigarette burn repairs on clothing, carpeting and furniture**
- **Extra dry cleaning**
- **Mouthwashes, colognes and special toothpastes**
- **Missed work days, extra medical and dental care**
- **Higher life, health and homeowners' insurance rates**

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1300 W. 2nd St.
Rock Falls, IL 61071
(815) 626-2230, ext. 1212
Fax: (815) 626-2231
E-mail: jrandall@idphnet.com



1-on-1 Consultations
with Certified Tobacco
Treatment Specialists

**Whiteside County
Health Department
and
CGH Medical Center
Offers:**

1-on-1 Consultations
with Certified Tobacco
Treatment Specialists



Opportunity is knocking.....

We can help you quit
your smoking habit

Tel. (815) 626-2230, ext. 1212

Are You Ready To Quit?

CALL TO SCHEDULE AN APPOINTMENT WITH A CERTIFIED TOBACCO TREATMENT SPECIALIST TO CREATE YOUR PLAN FOR QUITTING



FOR MORE INFORMATION CONTACT JUDY RANDALL, RN, CERTIFIED TOBACCO TREATMENT SPECIALIST, AT 626-2230, EXT. 1212

TIPS FOR QUITTING SMOKING:

Creating a plan for quitting increases success rate

- 1. Identifying triggers**
- 2. Modifying behaviors**
- 3. Prepare a plan to combat urges**
- 4. Consider nicotine replacement therapy or use of medication**
- 5. Set a quit date**
- 6. Identify support person**



Your key to succeed

DETERMINE READINESS FOR QUITTING:

- Identify Pros and cons of quitting**
- Examine how important it is for you to quit**
- Evaluate how confident you are in your ability to quit smoking**
- How ready are you to quit?**



White side County Health Department

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