BUTTE COUNTY
PUBLIC HEALTH

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CELEBRATE 2012 TOBACCO-FREE! BUTTE COUNTY RESIDENTS CALLING 1-800-NO-BUTTS CAN RECEIVE FREE NICOTINE PATCHES

BUTTE COUNTY, Calif. – Good health begins by what we do at home, at school, in our workplaces, our neighborhoods and in our communities. Most people know that eating healthy foods, getting plenty of sleep, and staying active are important to staying healthy.

What about smoking? Most Californians do not smoke. Even more Californians are protected from the dangers of secondhand smoke by state laws that regulate smoking inside enclosed places like stores and restaurants. If you are a smoker, you may want to quit for your health but not know all the resources that are available.

Through the end of January, the California Smokers' Helpline at 1-800-NO-BUTTS is sending callers from Butte County free nicotine patches. The patch and counseling together increases your chance of success. Eligible tobacco users who enroll in the free telephone-based quitting program will receive a free two-week starter kit of nicotine patches. If you smoke and are thinking about quitting with the help of nicotine patches or you know someone who is, a New Year's resolution might be a good way to encourage yourself to quit in 2012.

Nicotine patches are an FDA-approved treatment proven to help smokers kick the habit. They release nicotine into the bloodstream through the skin, reducing withdrawal symptoms and slowly weaning smokers off nicotine.

The Butte County Department of Public Health is one of 34 counties to partner with the California Smokers' Helpline on this program. Since August 2011, over 250 Butte County residents have received free nicotine patches and counseling from the California Smokers' Helpline on their journey to quit smoking.

Please make 2012 the year you quit smoking by calling 1-800-NO-BUTTS!

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Butte County Public Health Department

Our Mission: To protect the public through promoting individual, community and environmental health.