



Quit Kit Contents

- Quitting Takes Planning and Support letter
- Plan to Quit and Medication List that can help you quit smoking
- Quit Line Fact Sheet and Quit Line Web Coach
- Dealing with Withdrawal
- WI Quit Line card and Quit Line brochure
- When You Quit Smoking... and Cost of Cigarettes
- You CAN Afford to Quit Smoking: How to Get Medications
- Smokefree TXT
- Facts about Nicotine Addiction/Tobacco Companies/Other Tobacco Products/E-Cigs
- My Quit Smoking Supporter List and Trigger Worksheet
- My Quit Smoking Journal
- Not Ready to Quit? Eliminate Indoor Tobacco Smoke Until You Quit

For more information about the “Fond du Lac County Asthma Coalition” or Quit Tobacco Resources contact Sandy Bernier at (920) 906-5537 or sandy.bernier@fdlco.wi.gov