

# Louisiana Tobacco Quitline



## Asthma and Tobacco Use

Secondhand smoke can trigger asthma episodes and increase the severity of attacks. Secondhand smoke is also a risk factor for new cases of asthma in preschool aged children who have not already exhibited asthma symptoms. Secondhand smoke is linked to other chronic respiratory illnesses, such as bronchitis and pneumonia. Quitting tobacco use can greatly reduce the severity of asthma attacks and overall improve the health of Louisianians living with asthma and caregivers who currently smoke.

The Louisiana Tobacco Quitline, 1-800-QUIT-NOW (784-8669) is a FREE, confidential, 24-hour toll-free tobacco cessation helpline that links people who want to quit using tobacco with trained dedicated Quit Coaches® who help the callers create an individualized plan to quit. The individualized QUIT PLAN includes counseling sessions and a Quit Kit. Callers who are ready to quit within the next 30 days are eligible for telephone counseling sessions. If you are not ready to quit, the quitline staff will help you figure out what you can do to prepare yourself to successfully quit.

The Louisiana Tobacco Quitline is administered by the Free & Clear, Inc. and is funded by The Louisiana Department of Health and Hospital's Tobacco Control Program, and The Louisiana Campaign for Tobacco-Free Living.

## Who is eligible?

- Anyone over 13 years old who smokes or uses spit tobacco in Louisiana.
- Friends and family of tobacco users in the state of Louisiana who wants to help others quit tobacco.
- Health care providers who want materials to share with their smoking patients.

## When You Call the Louisiana Tobacco Quitline You Will Receive

- **One-on-one proactive telephone counseling with a Quit Coach®.**  
Proactive counseling sessions are when the Quitline Quit Coach calls you during your requested time frame to coach you through the quitting process and potential relapse phase.
- **Hours of Operation**  
Quitline intake services are available 24 hours a day, 7 days a week, and proactive counseling sessions can be scheduled anytime 7 days a week between 7am-2am CST
- **Unlimited Access to Web-Coach**  
Unlimited access to Web Coach®, an interactive fully featured online community that offers E-learning tools, social support and information about quitting
- **Referrals to local quit smoking services in your community.**  
The Quit Coach will provide information on the local quit smoking services in your community
- **Free self-help guides and tools, information on programs in your area, including special materials for adolescents 13-17, pregnant women, spit tobacco users, and for those with chronic medical conditions**

For more information Visit [www.QuitWithUsLa.org](http://www.QuitWithUsLa.org) Contact: LTCP Cessation Program Monitor at [Evangelin.Beedilla@la.gov](mailto:Evangelin.Beedilla@la.gov), Ph: 225-342-9305

