

NEWS RELEASE

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For Immediate Release

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SWNPHD Supports Great American Smokeout on November 20th

McCook – Southwest Nebraska Public Health Department (SWNPHD) encourages current tobacco users to make a plan to quit on November 20th as part of the Great American Smokeout.

“SWNPHD will provide free quit smoking and quit spit kits to anyone in our eight county health district that wants to participate in the Great American Smokeout,” explains Denise Ringenberg, Health Educator. These counties include: Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Perkins and Red Willow.

Rules for the Great American Smokeout event: You must quit smoking for the 24 hours of the Smokeout. Even if you don't go on to quit permanently, you will have learned that you have the strength to quit for a day.

“Even one day of no tobacco use can make a difference in the health of an individual,” shares Myra Stoney, SWNPHD Executive Director. “We encourage residents to take this first step to make a plan and get help to succeed.”

There is help for Nebraska residents of all ages who want to quit. Nebraska Tobacco Quit Line telephone coaches help callers quit smoking or chewing tobacco. Coaches work with each individual caller to develop a plan for when and how to quit their tobacco use. Call **1-800-QUIT-NOW** to access the Nebraska Tobacco Quit Line

For a free quit tobacco consultation, contact Southwest Nebraska Public Health Department at 308-345-4223 or email educate@swhealth.ne.gov. SWNPHD is located at 404 West 10th Street, McCook – one block north of Arby's. Additional information can be found on our web site www.swhealth.ne.gov. You can also follow us on Facebook & Twitter.

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