

NEW YEAR,



FRESH START

MAKE 2026 NICOTINE-FREE

Whether you're ready to quit
today or just thinking about it,
every step counts.

Join others in choosing health,
support, and a nicotine-free
future.



QUITLINE IOWA
Iowa HHS

MY LIFE MY QUIT™



Ages
18+

Text "Start" to
300500

Text
"Start My Quit"
36072

Ages 12-
17





THE POWER OF QUITTING



- **Within 20 minutes:** Heart rate and blood pressure drop.
 - **Within 24 hours:** Nicotine levels in the body decrease significantly.
 - **Within 48 hours:** Sense of taste and smell improve.
 - **Within 72 hours:** Lung function begins to improve.
 - **Within 2–12 weeks:** Coughing and shortness of breath reduce.
-

✨ Even one nicotine-free day is a step toward better health. Your body begins to heal the moment you quit.