

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



Ages
18+

Text "Start" to
300500

MY LIFE MY QUIT

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.