



JACKSON COUNTY

Human Resources Department

401 Grindstaff Cove Road, Suite A-218, Sylva, NC 28779

Phone 828.631.2212 • Fax 828.631.2266

Tobacco Cessation Quiz

1. How many quit attempts does it usually take someone who uses tobacco to successfully quit?
a. 2
b. 7
c. 10
d. 13
2. How many Americans are living with a disease caused by smoking?
a. 900,000
b. 1 million
c. 8 million
d. 16 million
3. Secondhand smoke can cause:
a. Stroke
b. Heart disease
c. Cancer
d. Sudden Infant Death Syndrome (SIDS)
e. All of the above
4. Third hand smoke (nicotine residue that remains on surfaces) is a health hazard through:
a. Skin exposure
b. Dust inhalation
c. Ingestion
d. All of the above
5. How many deaths in North Carolina are due to tobacco use?
a. 1 in 2
b. 1 in 4
c. 1 in 5
d. 1 in 7
6. True or false: MOST tobacco users who quit “cold turkey” are NOT successful in staying quit for more than 6 months
a. True
b. False
7. True or false: Using cessation medications AND available resources (like counseling) increase a person’s chances of staying quit.
a. True
b. False
8. True or false: Nicotine withdrawal is dangerous.
a. True
b. False
9. True or false: County Employee’s insurance will cover the cost of cessation products for 90 days per benefit period.
a. True
b. False
10. Benefits of quitting smoking begin within:
a. 20 minutes of quitting
b. 24 hours of quitting
c. 6 weeks of quitting
d. 2 years of quitting

PRINT NAME

Signature

Date