



## 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