



JACKSON COUNTY

Human Resources Department

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Tobacco Cessation Quiz

1. What are health risks associate with vaping? Circle all that apply:
 - a. Lung Scarring
 - b. Asthma
 - c. Headaches
 - d. None of the above
2. Tobacco smoke contains more than 7,000 chemicals. How many are known to cause cancer?
 - a. At least 45
 - b. At least 90
 - c. At least 70
 - d. At least 35
3. Secondhand smoke can cause:
 - a. Stroke
 - b. Coronary 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. Smoking related illnesses costs the US more than how much every year?
 - a. \$150 Billion
 - b. \$300 Billion
 - c. \$275 Billion
 - d. \$400 Billion
6. True or false: Cigarette smoking is the leading preventable cause of disease, disability, and death in the U.S.
 - 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 Employees are eligible to use employee health through the health department to access medications to assist with quitting.
 - 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