You Can Quit Smoking

A PERSONALIZED QUIT PLAN FOR:

WANT TO QUIT?
► Nicotine is a powerful addiction.
► Quitting is hard, but don’t give up. You can do it.
► Many people try 2 or 3 times before they quit for good.
► Each time you try to quit, the more likely you will be to succeed.

GOOD REASONS FOR QUITTING:
► You will live longer and live healthier.
► The people you live with, especially your children, will be healthier.
► You will have more energy and breathe easier.
► You will lower your risk of heart attack, stroke, or cancer.

TIPS TO HELP YOU QUIT:
► Get rid of ALL cigarettes and ashtrays in your home, car, or workplace.
► Ask your family, friends, and coworkers for support.
► Stay in nonsmoking areas.
► Breathe in deeply when you feel the urge to smoke.
► Keep yourself busy.
► Reward yourself often.

QUIT AND SAVE YOURSELF MONEY:
► At over $5.00 per pack, if you smoke 1 pack per day, you will save more than $1,800 each year and more than $18,000 in 10 years.
► What else could you do with this money?
## Five Keys for Quitting

### 1. Get Ready.
- Set a quit date and stick to it—not even a single puff!
- Think about past quit attempts. What worked and what did not?

### 2. Get Support and Encouragement.
- Tell your family, friends, and coworkers you are quitting.
- Talk to your doctor or other health care provider.
- Get group or individual counseling.
- For free help, call 1-800-QUIT NOW (784-8669) to be connected to the quitline in your State.

### 3. Learn New Skills and Behaviors.
- When you first try to quit, change your routine.
- Reduce stress.
- Distract yourself from urges to smoke.
- Plan something enjoyable to do every day.
- Drink a lot of water and other fluids.
- Replace smoking with low-calorie food such as carrots.

### 4. Get Medication and Use It Correctly.
- Talk with your health care provider about which medication will work best for you:
  - Bupropion SR—available by prescription.
  - Nicotine gum—available over the counter.
  - Nicotine inhaler—available by prescription.
  - Nicotine nasal spray—available by prescription.
  - Nicotine patch—available over the counter.
  - Nicotine lozenge—available over the counter.
  - Varenicline—available by prescription.

### 5. Be Prepared for Relapse or Difficult Situations.
- Avoid alcohol.
- Be careful around other smokers.
- Improve your mood in ways other than smoking.
- Eat a healthy diet, and stay active.

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*Quitting smoking is hard. Be prepared for challenges, especially in the first few weeks.*

Followup plan: ____________________________________________

Other information: __________________________________________

Referral: ____________________________________________

__________________________________________

Clinician ___________________________ Date ____________