

# YOU CAN QUIT SMOKING

## A PERSONALIZED PLAN FOR:

<p>Want to Quit?</p> <ul style="list-style-type: none"> <li>○ Nicotine is a powerful addiction</li> <li>○ Quitting is hard, but don't give up</li> <li>○ Many people try two or three times before they quit for good</li> <li>○ Each time you try to quit, the more likely you will be to succeed.</li> </ul> <p>Good Reasons for Quitting</p> <ul style="list-style-type: none"> <li>○ You will live longer and live healthier</li> <li>○ The people you live with, especially your children, will be healthier</li> <li>○ You will have more energy and breathe easier</li> <li>○ You will lower your risk of heart attack, stroke, or cancer</li> </ul> <p>Tips to Help You Quit</p> <ul style="list-style-type: none"> <li>○ Get rid of ALL cigarettes and ashtrays in your home, car, or workplace</li> <li>○ Ask your family, friends and coworkers for support</li> <li>○ Stay in nonsmoking areas</li> <li>○ Breathe deeply when you feel the urge to smoke</li> <li>○ Keep yourself busy</li> <li>○ Reward yourself often</li> </ul> <p>Quit and Save Yourself Money</p> <ul style="list-style-type: none"> <li>○ At \$4.00 per pack, and you are smoking one pack per day, you will save \$1460 dollars a year</li> <li>○ What else could you do with this money?</li> </ul>	<p>Get Ready</p> <ul style="list-style-type: none"> <li>● Set a quit date and stick to it – not even a single puff!</li> <li>● Think about past quit attempts. What worked and what did not?</li> </ul>	<p>Your Quit Date:</p>
	<p>Get Support and Encouragement</p> <ul style="list-style-type: none"> <li>● Tell your family, friends and coworkers you are quitting</li> <li>● Talk to your doctor or other healthcare provider</li> <li>● Get group, individual or telephone counseling</li> </ul>	<p>Who Can Help You:</p>
	<p>Learn New Skills and Behaviors</p> <ul style="list-style-type: none"> <li>● When you first try to quit, change your routine</li> <li>● Reduce stress</li> <li>● Distract yourself from urges to smoke</li> <li>● Plan something enjoyable to do everyday</li> <li>● Drink a lot of water and other fluids</li> </ul>	<p>Skills and Behaviors You Can Use:</p>
	<p>Get Medication and Use It Correctly</p> <ul style="list-style-type: none"> <li>● Talk with your healthcare provider about which medication will work best for you</li> <li>● Bupropion</li> <li>● Nicotine Gum</li> <li>● Nicotine Inhaler</li> <li>● Nicotine Nasal Spray</li> <li>● Nicotine Patch</li> <li>● Nicotine Lozenge</li> <li>● Chantix</li> </ul>	<p>Your Medication Plan:</p>
	<p>Be Prepared for Relapse or Difficult Situations</p> <ul style="list-style-type: none"> <li>● Avoid alcohol</li> <li>● Be Careful around other smokers</li> <li>● Improve your mood in ways other than smoking</li> <li>● Eat a healthy diet and stay active</li> </ul>	<p>How Will You Prepare?</p>

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

**CALL 1-800-784-7869 FOR ADDITIONAL ASSISTANCE (TOBACCO QUIT LINE)**