



A Personalized Quit Plan For:

Name: _____

Want to Quit?

- Nicotine is a powerful addiction.
- Quitting is hard, but don't give up.
- 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 **\$3.00** per pack, if you smoke **1** pack per day, you will save **\$1,100** each year and **\$11,000** in 10 years.

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?

Your Quit Date: _____

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, individual, or telephone counseling.

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.

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.

5. Be Prepared for Relapse or Difficult Situations.

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