



Be Tobacco Free

Plan for Success

Set a quit date. Get rid of all of your cigarettes, cigars, chewing tobacco, vaping products, matches, and lighters at home, in the car, and at work. Clean car ashtrays and get rid of all ashtrays at home.

Use over-the-counter nicotine patches, gum, or lozenges, as directed.

Consult your health care team about prescribed medications that can help you quit tobacco.

Control tobacco triggers.

- When you get the urge to smoke, dip, or chew, breathe deeply through your mouth. Hold your breath for three seconds. Slowly exhale through pursed lips to make a whisper sound.
- Try sugarless gum, mints, toothpicks, or coffee stirrers to keep your mouth busy. Hold a stress ball or paper clip in your hand.
- Try breathing through a straw when you crave a cigarette.

Engage with a trained quit smoking counselor via online chat or telephone quitline. Call 800-QUIT-NOW (800-784-8669) or 877-44U-Quit (877-448-7848) or visit smokefree.gov.

Seek support from nonsmoking family members and friends.

Save money that you used to spend on tobacco in a “ciggy” bank.

