



Make a plan to quit tobacco in any form.

- **Set a quit date.** Mark the date in places to remind you—on your calendar, in your smartphone, at work, and on the refrigerator and mirrors in your house.
- **Tell others.** Ask for their support.
- **Get help to carry out your plan.** Talk to your doctor and pharmacist about prescribed and over-the-counter medications that are right for you. Get help from 800.QUIT.NOW (784.8669) or smokefree.gov.

Make a plan. Quit tobacco.