YOU CAN

Quit Smoking

Quitting is hard. Many people try
several times before they quit for good.

This booklet tells about ways you can get help to quit smoking.

Good Reasons For Quitting

More than 430,000 Americans die each year from smoking. Smoking causes illnesses such as cancer, heart disease, stroke, problems with pregnancy, and lung disease.
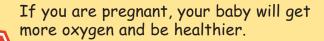
Quit Smoking

When you quit:
Your chances of getting sick from smoking will be less.

You will have more energy and breathe easier.

More Good Reasons For Quitting

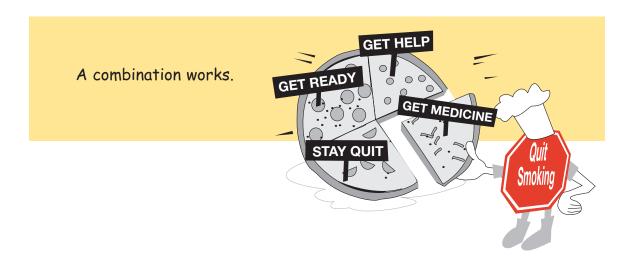If you are pregnant, your baby will get more oxygen and be healthier.

The people you live with, especially your children, will be healthier. Breathing in other people's smoke can cause asthma and other health problems.

You will have more money to spend on things other than cigarettes.

There Has Never Been A Better Time To Quit

A combination works.

GET HELP

GET READY

GET MEDICINE

STAY QUIT

Quit Smoking

Get Ready To Quit

Set a quit date.

My quit date: _____

Change the things around you.
- Get rid of all cigarettes and ashtrays in your home, car, and place of work.
- Do not let people smoke in your home.

After you quit, don't smoke—
not even a puff!

Get Medicine
To Help You Quit

You can buy nicotine gum
or the nicotine patch at a drug store.
You can ask your pharmacist for
more information.

Ask your doctor about other medicines that can help you.
—Nicotine nasal spray
—Nicotine inhaler
—Bupropion SR (pill)

Get Help

Tell your family, friends, and people you work with that you are going to quit. Ask for their support.

Talk to your doctor, nurse, or other health care worker. They can help you quit.

Get together with other people who are trying to quit, or call a hotline.

For help in quitting smoking, call the National Cancer Institute's Smoking Quitline toll-free: 1-877-44U-QUIT.

Helpful Hints To Stay Quit

If you "slip" and smoke, don't give up. Set a new date to get back on track.

Avoid alcohol.

Avoid being around smoking.

Eat healthy food and get exercise.

Keep a positive attitude. You can do it!

You Can Quit

Most people try several times before they quit for good. Quitting is hard, but—

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