Preparing to Quit Tobacco

You've made the decision to quit. Congratulations! That's a huge step. One of the best things you can do now is plan out your quit and prepare for the journey ahead.

1) When and where will you pick up your nicotine replacement therapy (NRT)?

Make sure you buy/pick up your NRT before you start your quit attempt. This way you will have it on hand when the big day comes.

2) What date do you plan to stop using tobacco?

Pick the day you want to quit and mark it on a calendar. This is the day will start using your NRT and stop using your tobacco or vape products.

3) Which loved ones should know you're quitting?

Friends and family can play a big part in your quit journey. Let them know you want to quit and ask them for support.

4) What smoking reminders will you remove?

Tossing out cigarettes, ashtrays, matches, lighters, and any other tobacco-related products can help you stay tobacco free.

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5) What are some things that trigger you to use?

Triggers are the things that make you want to smoke and everyone has their own. Knowing what triggers your cravings/urge to smoke will help you avoid slip-ups.

6) How will you develop coping strategies?

NRT will help ease withdrawal symptoms but there will still be moments when you want to smoke. Develop coping strategies like calling a friend, taking a walk, or using a meditation app.

7) Which type of support should I sign up for?

NRT paired with counseling gives you the best chance of quitting smoking/using tobacco. There are apps, online groups, phone counseling, and many other options.

YES QUIT

877-YES-QUIT YESQUIT.ORG

Qualifying tobacco users can get up to 5 counseling sessions
Qualifying tobacco users can get 2 weeks of NRT

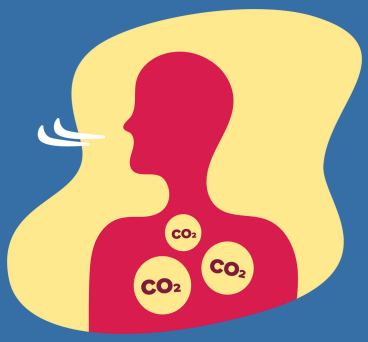
SmokefreeTXT: Provides 24/7 encouragement, advice and tips to help you quit and stay quit. This program is offered by the National Cancer Institute's Smokefree.gov. Sign up online or text QUIT to 47848.

Smokefree.gov: QuitGuide is a free app that helps you understand your smoking patterns and build the skills needed to become and stay smoke free. Use the app to track your cravings by time of day and location, and get motivational messages for each craving you track.

Become an Ex (https://www.becomeanex.org/): Helps you "re-learn your life without cigarettes," and helps you develop a free personalized quit plan.

These Things Start to Happen in Your Body After Quitting Smoking





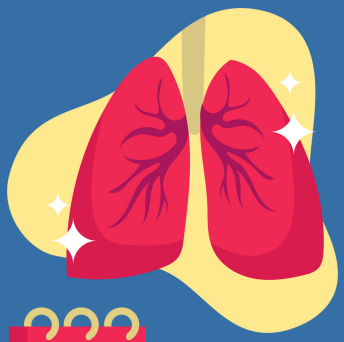
12 HOURS

The carbon monoxide level in your body is back to normal.



2 DAYS

The senses of smell and taste become much better since its nerve begins to heal.



2 WEEKS

The lungs are getting stronger and cleaner.



9 MONTHS

Your body is capable to carry out daily activities with less breathlessness and exhaustion.



1 YEAR

The risk of you getting heart disease is now reduced by half than what it was a year ago.

My reasons for quitting: _____
_____
_____.

It's affecting my health

Baby on the way

To set a good example

For my friends and family

It's hard to find places to smoke

To have a better future

To save money

To take back control

My doctor recommended quitting