

*“quitting smoking
is the most important thing you can do to
protect your health”*

are you ready?

take the next step

- 1 set a quit date, ideally within the next 2 weeks
- 2 tell every one you know that you want support
- 3 Think about what helped in the past when you tried to quit and use those strengths.
- 4 Think about what hurt you and figure out strategies to overcome those temptations to smoke
- 5 If you figure the temptation to smoke and the challenges are going to be a big problem - come and see us to consider what else might help you - including temporary medications
- 6 consider using the over the counter nicotine gum, lozenge, or patch to help in the first weeks/months
- 7 keep the reasons for quitting and the benefits clear in your mind as you are quitting

Tips on success;

Total abstinence is essential - not even a single puff after you quit!!!

drinking alcohol often is a factor in failure

calling the toll free national quit line can help “1 800 quit now” also of help is the national web site www.ahrq.gov/path/tobacco/htm