



YOU CAN QUIT SMOKING!

Why should I quit?

Hundreds of thousands of Americans die each year from smoking. Smoking causes illnesses such as Cancer, heart disease, and stroke. When you quit, your chances of getting sick from smoking will be less. You will have more energy and breathe easier.

If you are pregnant your baby will be healthier and will get more oxygen. Smoking while pregnant can cause your baby to be born smaller than normal, and may even make you deliver too early.

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

How do I quit?

Get Ready

Set a quit date. Get rid of all cigarettes, ashtrays, and lighters at home, in your car and at work. Wash your clothes and bedding to get rid of the smell of cigarettes. Do not let other people smoke in your home.

Get Thinking

Pay attention to when, where and why you smoke. Find other things to hold in your hand instead of a cigarette. Think of habits or routines that involve smoking that you should change. Imagine what you will do with the extra money you will have when you stop buying cigarettes.

Get Medicine

Talk with your doctor to find out which medicine is right for you. Some people use a nicotine patch or nicotine gum.

Get Help

Tell your family and friends that you are going to quit and ask for help. Get together with other people who are trying to quit.

What else can I do?

If you do smoke again, don't give up! Set a new quit date and try again. Avoid situations that remind you of smoking. Try to eat healthy and get some exercise every day. Think positively. Most people try several times before they quit for good. YOU CAN DO IT!