

You Can Quit Smoking

A 5-Day Plan To Get Ready



The first step to quitting smoking is to decide to quit. Next, make an appointment with your health care provider or contact a smoking cessation clinic for help.

Quit Day Minus 5

List all of your reasons for quitting and tell your friends and family about your plan. Stop buying cartons of cigarettes.

Quit Day Minus 4

Pay attention to when and why you smoke. Think of new ways to relax or things to hold in your hand instead of a cigarette. Think of habits or routines you may want to change. Make a list to use when you quit.

Quit Day Minus 3

Make a list of the things you could do with the extra money you will save by not buying cigarettes. Think of who to reach out to when you need help, like a smoking support group.

Quit Day Minus 2

Buy the over-the-counter nicotine patch or nicotine gum, or get a prescription for the nicotine inhaler or nasal spray. Clean your clothes to get rid of the smell of cigarette smoke.

Quit Day Minus 1

Think of a reward you will get yourself after you quit. Make an appointment with your dentist to have your teeth cleaned. At the end of the day, throw away all cigarettes and matches. Put away lighters and ashtrays.

Quit Day

Keep very busy. Change your routine when possible, and do things out of the ordinary that don't remind you of smoking. Remind family, friends, and coworkers that this is your quit day, and ask them to help and support you. Avoid alcohol. Buy yourself a treat, or do something to celebrate.

Quit Day Plus 1

Congratulate yourself. When cravings hit, do something else that isn't connected with smoking, like taking a walk, drinking a glass of water, or taking some deep breaths. Call your support network. Find things to snack on, like carrots, sugarless gum, or air-popped popcorn.

For More Information

To get a free copy of other consumer products on quitting smoking, call any of the following toll-free numbers:

- Agency for Healthcare Research and Quality, 800-358-9295.
- Centers for Disease Control and Prevention, 800-CDC-1311.
- National Cancer Institute, 800-4-CANCER.

You may obtain information online at: <http://www.surgeongeneral.gov/tobacco>