

Guide to Quit Smoking

Reasons to Quit

What Smoking Does to Us

- Smoking causes 1 out of every 5 deaths in US
- On average smokers die 7 – 8 years too early

What Smoking Costs Us*

- \$3 a pack @ 5 packs a week = \$780 a year.
- \$3 a pack @ 10 packs a week = \$1560 a year.
- \$5 a pack @ 5 packs a week = \$1300 a year.
- \$5 a pack @ 10 packs a week = \$2600 a year.

Why Do Smokers Keep Smoking?

- Smokers need the nicotine in cigarettes.
They are addicted to nicotine.
- People often smoke when they are stressed, bored, or angry.
- Smoking also becomes a habit.

Ending the Addiction

- The nicotine patch, gum or spray can increase your chance of quitting.
- Medications (pills) can help smokers to quit.
A smoker starts taking the pills a week or two before their quit date.

How to Quit

Set a Quit Date

- This gives you a goal

The Night Before

- Throw out ALL your cigarettes!
- Get rid of lighters, matches, and ashtrays.
- If you plan to use medicine to help you quit, make sure you know how to use them.
- Stock up on sugar-free gum, mints, and healthy snacks like carrots and celery.

The First Few Days

- Giving up cigarettes is hardest the first week.
- After the first few days it gets easier to breathe.
- Your sense of taste and smell returns.

The 5 Ds Can Help

1. Drink water.
2. Deep breathe.
3. Do things to stay busy.
4. Delay each cigarette 3 to 5 minutes.
5. Discuss feelings with family and friends.

*Based on 52 weeks in a year.

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We're Here for You

1-800-QUIT-NOW

Breathe better

Enjoy life

Be more productive

Take Control

Call. It's free. It works.

It'll help you quit smoking.

Protect your family

Smell better

Save Money

For more help in your area

Call (337) 261-8541