



The Great American Smokeout[®]

BE A QUITTER

Here's How to Start Now

You already know smoking is bad for your health. You want to quit, but need some help. Here are steps you can take to begin to quit:

Pick a Quit Day

- Pick a date to start the process of quitting smoking.
- Mark the date on your calendar.
- Give yourself time leading up to your Quit Day to prepare.

Prepare for Quit Day

- Make a strong commitment to quit smoking.
- Start getting rid of cigarettes, ashtrays and smokeless tobacco at home, work, and in the car.
- Slowly start cutting back on cigarettes.
- Plan distractions so you don't give in to cravings.
- Plan on eating 6 very small meals a day versus 2-3 big ones.

Know Your Options

- Get advice about the various supports from healthcare professionals, family, friends, self-help materials.
- Quit cold turkey. [Here](#) are the pros and cons.
- Consider [nicotine replacement therapy](#) (gum, patch, lozenges, nasal spray, inhalers) or [prescription drugs](#). Click here to find out more.

