Tips to Help You and Your Family Become SMOKE-free

• Talk to your doctor about quitting. Support and guidance from your doctor increases your chances of quitting.

• It is normal to try more than one time to stop smoking. Don’t be discouraged.

• If one way of quitting smoking does not work, try another way. It may work better.

• When you decide that you want to quit, set a quit date. If possible, it should be within two weeks. Tell all of your family, friends and coworkers of your plans to quit. Ask for their support.

• Remove all cigarettes from your home, car and workplace. Avoid smoking in these places for two weeks before your quit date.

• On your quit date, it is best to stop totally. Do not have even a single puff of a cigarette.

• Plan ahead for times when you would normally smoke. Some examples are: work breaks, morning coffee, or a trip to work.

• Know how to deal with cravings when they happen. Try drinking water or breathing deeply. Cravings usually last only a few minutes.

• Have a supply of nicotine replacement therapy (such as nicotine gum) on hand at all times. This will help you to when you are tempted to have a cigarette.

• Talk about your progress or problems. Talk to family, friends and your pharmacist or doctor.

• Have regular contact with health care professionals. Buy your nicotine replacement products weekly at the pharmacy. This may help you quit.

• If you still find it hard to quit, your doctor may be able to prescribe medicine to help.

• For further advice and support, call Indiana’s Tobacco Quitline at 1-800-QUIT-NOW (1-800-784-8669).

Sources:
Accessed June 15, 2018

Accessed June 15, 2018