



SMOKE-free

Get help kicking the tobacco habit

Tips to Help You and Your Family Become SMOKE-free

- 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.
- It is best to stop totally. Do not have even a single puff of a cigarette.
- Plan ahead for times when you would have smoked. 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.
- Nicotine-free therapy, hypnosis and acupuncture may be useful strategies for quitting smoking. Discuss your options and plans with your healthcare professional.
- Talk about your progress or problems. Talk to family, friends and your pharmacist or doctor.
- Have regular contact with health care professionals. Buy your smoking cessation 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, **phone Indiana's Tobacco Quitline at 1-800-QUIT-NOW (1-800-784-8669).**

