



## Tips to Help You and Your Family Become SMOKE-free

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- **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 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 in the car.
- 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 always.** This will help you when you are tempted to have a cigarette.
- **Talk about your progress or problems.** Talk with 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:

U.S. Department of Health and Human Services. How to Support Your Quitter. <https://smokefree.gov/help-others-quit/family-friends/how-support-your- quitter>  
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