

Tips to Help You Quit



Great American
Smokeout

You Can Do It! Following are strategies to help you get ready and be successful in your quit attempt:

1. Consider using medication to help you quit. There are prescription and over-the-counter medications that can help you deal with withdrawal symptoms or even help to reduce the urge to smoke.
2. Enlist support. Many states, communities, and health care organizations have free or low-cost counseling available to help you quit. [Click [here](#) and type local resources].
3. Get help or ask for help from your health care provider.
4. Don't keep your intention to quit a secret. Include your friends and family in your quitting process; they can offer much needed support.
5. Clear the places where you usually smoke of anything that reminds you of cigarettes - like lighters, ashtrays, or matches. Also ask other smokers not to smoke around you, and clean your house and car thoroughly to remove the smell of cigarettes.
6. Avoid places where smokers gather. Go to the movies, museums, or other places where smoking is not allowed.
7. Calm the nervous energy you may feel with physical and mental activities. Take long strolls and deep breaths of fresh air, and find things to keep your hands busy, like crossword puzzles or gardening.
8. When the urge to smoke strikes, do something else. Call a supportive friend. Do brief exercises such as pushups, walking up a flight of stairs, or touching your toes. Keep oral substitutes like carrots, apples, raisins, or gum handy. And never allow yourself to think that "one won't hurt," because it will.

When you're ready to quit, the American Cancer Society can help. Call 1-800-ACS-2345 or visit www.cancer.org for more information.

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Cancer Information 1-800-ACS-2345 www.cancer.org