

# STOP USING TOBACCO TODAY

**#QuitSmoking2020**  
**#WorldNoTobaccoDay**

Join in on **World No Tobacco Day** and make the commitment to quit smoking on **May 31**. Quitting your use of nicotine or smoking improves your health and reduces the risk of heart disease, cancer, lung disease, and other smoking-related illnesses, including your risk to the severe impacts of COVID-19. Tobacco/nicotine dependence can be difficult to overcome, but it's never too late to quit, and we're here to help!

## Here are some tips to help you quit smoking.



### Try nicotine replacement therapy. Ask your clinician about:

- ✓ A prescription nasal spray or inhaler form of nicotine
- ✓ A prescription for non-nicotine stop-smoking medications
- ✓ Over-the-counter nicotine patches, gum, and lozenges to help with cravings

### Avoid triggers to live tobacco-free.

- ✓ Avoid settings (bars or parties) or situations (stress or drinking coffee) that trigger the desire to indulge.
- ✓ Have a plan of action to help you cope with urges without using tobacco. For example, doodle rather than smoke when on the phone.



### Delay for 10 minutes. Make yourself wait.

- ✓ Do something to distract yourself for 10 minutes; cravings will usually pass. For example, go to a smoke-free zone.

### Something to chew on ...

- ✓ Mask cravings by munching on raw carrots, celery, nuts, sunflower seeds, or sugarless gum. Replace urges with something crunchy and satisfying.



### Don't have "just one."

- ✓ Do not give in to the temptation of "just one" cigarette. The quick high will satisfy your instant craving, but will likely lead to another cigarette. You don't want to start smoking again.



### Get physical.

- ✓ Physical activity is a good distraction and will reduce the intensity of a tobacco craving.
- ✓ Go for a walk or a jog. Even a short burst of physical activity can help.



### Practice relaxation techniques to decrease stress and distract from smoking:

- ✓ Deep-breathing exercises
- ✓ Yoga
- ✓ Massage
- ✓ Muscle relaxation
- ✓ Visualization
- ✓ Listening to calming music

### Call for reinforcements.

- ✓ Call, text, or visit a family member, friend, or support group member.
- ✓ You can also get support and counseling from the toll-free quit line: **1.800.QUIT.NOW** (800.784.8669).



### Get support online. Learn from others.

- ✓ Join an online stop-smoking program.
- ✓ Read a quitter's blog and post encouraging thoughts for someone else who might be struggling with tobacco cravings.

### Remind yourself of the benefits.

Keeping a log of the benefits of quitting smoking, and reading them to yourself or aloud helps to reinforce why you should quit smoking:

- ✓ Feeling better
- ✓ Getting healthier
- ✓ Sparing your loved ones from secondhand smoke
- ✓ Saving money



## More tools to help you quit ...

- ✓ Download an app to help. Search 'Quit Start' in the App Store or Google Play.



- ✓ Get support texts to quit: [cdc.gov/tobacco/campaign/tips](https://www.cdc.gov/tobacco/campaign/tips)