

Don't fool yourself.





These products contain addictive nicotine and other toxic chemicals. **None of them will help you quit tobacco.**

### Ready to quit for good?

- 1. Find your reason to quit:** Do you want to breathe easier? Save money? Spend more time with your family?
- 2. Make a plan:** What triggers your smoking? Stress? Being around smokers? Plan strategies to avoid or manage trigger situations.
- 3. Get support:** Contact the California Smokers' Helpline or other quit services for help. Tell family and friends you are quitting and let them know how they can support you.
- 4. Use a quitting aid:** Nicotine patches or gum and some medications may help you quit. Talk to your doctor or pharmacist about your options.
- 5. Set a quit date:** Choose the date you will quit. If you slip, pick a new date and try again.

For free help quitting tobacco, call **1-800-NO-BUTTS**  
(1-800-662-8887) or visit [www.nobutts.org](http://www.nobutts.org)