



The more you



the more likely
you will **succeed.**



QUITTING SMOKING IS HARD AND OFTEN TAKES SEVERAL ATTEMPTS.

TOP 5 Quitting Tips

- 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. Talk to family and friends about your plan to quit.
- 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**