

5-Day Plan to Quit Using Tobacco

Quitting takes hard work and a lot of effort, but you can do it! Below is some key information to help you quit.

5 Days Until Your Quit Day: Get Ready.

List your reasons for quitting and tell your friends and family about your plan. Think of whom to reach out to when you need help, like a support group or tobacco quitline. 1-877-YES-QUIT (877-937-7848). Stop buying tobacco. Set a quit date. **My quit date is:** _____

4 Days Until Your Quit Day: Change Your Routine.

Think of routines you may want to change. For example, take walks or work out when you normally smoke or chew. Pay attention to when and why you smoke or chew. Think of new ways to relax or things to hold in your hand instead of a cigarette or chew.

List things to do instead of smoking/chewing: _____

3 Days Until Your Quit Day: Plan for More Money.

Make a list of the things you will do with the extra money you will save by not buying tobacco.

Things I will do with the money: _____

2 Days Until Your Quit Day: Purchase Medication.

Buy over-the-counter nicotine patches, lozenges or gum, or get a prescription from your doctor for the nicotine inhaler, patch, nasal spray, Zyban or Chantix. Many insurance plans, including Medicaid and Medicare, cover these medications. **Medication(s) I will use:** _____

1 Day Until Your Quit Day: Think of a Reward.

Think of a reward you will get yourself after you quit. Make an appointment with your dentist to have your teeth cleaned. At the end of the day, throw away all tobacco, matches, or tins. Put away or toss lighters and ashtrays.

My reward for quitting tobacco will be: _____

On Your Quit Day

Keep busy. Change your routine when possible, and do things that don't remind you of smoking/ chewing. Remind family, friends, and coworkers that this is your quit day, and ask them to help and support you. Avoid alcohol. Buy yourself a treat, or do something to celebrate. **You can do it!**

1 Day After Your Quit Day: Congratulations!

Congratulate yourself. When cravings hit, do something that isn't connected with smoking/chewing like taking a walk, drinking a glass of water, or taking some deep breaths. Call your support network. Find things to snack on like carrots, sugarless gum, or air popped popcorn. Call the Tobacco Quit Line at 1-877-YES-QUIT (877-937-7848).