

You can quit. Here's how...

You can quit tobacco and the *free* Tobacco Quit Line can help. Simply call the Quit Line to talk with an expert quit coach about what to do when you have the urge to smoke or chew, ways to modify your routine, times and situations when you usually smoke or chew, what has not worked/new things to try, and medication that can help. You will also receive a Quit Guide and always have the option to call the Quit Line again for free.

Call the Tobacco Quit Line (1-800-QUIT NOW)

Simply call the FREE Tobacco Quit Line from anywhere in Oregon or Washington.

TTY: 1-877-777-6534 (hearing impaired). You can also visit www.quitnow.net/oregon.

It's available seven days a week from 5 a.m.–12 a.m. (midnight) in more than 30 languages.

You also may have your doctor fax a referral to the Quit Line and a representative can call you.

Plan for success

Prepare for quit day

- Set a specific quit day and time
- Remove all cigarettes, lighters, matches and ashtrays the night before
- Put together a "survival kit": Gum, hard candy, rubber bands, bottled water, carrot sticks, etc.
- Restrict smoking access or locations, cut back the number of cigarettes smoked
- Start buying cigarettes by the pack, rather than by the carton
- Identify and practice coping skills

When quit day arrives

- Plan the entire day and practice coping skills
- Identify and maintain your reward system
- Use your survival kit supplies
- Have your teeth cleaned, air out your home, car, office, etc.
- Use your support network
- Go to bed early if necessary

Maintain your motivation

- Keep track of your non-smoking days on a calendar
- Start a walking program
- Purchase a reward with your newfound savings
- Call the Tobacco Quit Line whenever you are struggling
- Never allow smoking to be an option
- Call your doctor to talk about medications to help you stay quit

Source: U.S. Department of Health and Human Services. *Reducing Tobacco Use: A Report of the Surgeon General*. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2000

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