

YOU Can Do It!

Quitting smoking is hard and may require several attempts **BUT IT IS POSSIBLE** and you are never too old to quit.

People who stop smoking greatly reduce their risk for disease and early death

1. Reflect on what are your **reasons to QUIT smoking**
2. Develop a **QUIT PLAN**
3. Set a **QUIT DATE**
4. Identify your **SUPPORT PERSONS**
5. Prepare a **PLAN** for "Before Quitting" and "After Quitting"
6. Identify **SELF-HELP MATERIALS**

Our pharmacists can help by providing one-on-one counseling sessions and helping you choose the best ways to achieve **YOUR individual goals!**

Tips

- Practice saying – "No thank you, I don't smoke"
- Snack on fruit, chew sugarless gum, use toothpicks, and drink water
- Take a walk or do some other exercise or hobby you enjoy
- Talk with a family member or a friend



**YOU CAN
QUIT TOBACCO TODAY!**

Resources

Working with someone to develop a personalized quit plan that meets can be helpful.

The California **SMOKERS' HELPLINE** offers free telephone counseling, self-help materials, and online help to help you quit smoking.

Call 1-800-NO-BUTTS
(1-800-662-8887)
for more information.

Or visit: www.nobutts.org

Phone Apps



quitstart



myquitcoach



stayquitcoach



text2quit