



# HOW TO QUIT TOBACCO

## 1 EDUCATE YOURSELF

The first step to quitting smoking, vaping and using tobacco is to understand the risks and health effects for you and your family.

- ➔ Smoking is the most preventable cause of death in the U.S. It's linked to about one third of all deaths from heart disease and 90% of lung cancers.
- ➔ Cigarettes, e-cigarettes and tobacco products contain many toxic chemicals, as do their smoke, vapor and liquids.
- ➔ About half of U.S. children ages 3-11 are exposed to secondhand smoke and vapor.
- ➔ Tobacco use and nicotine addiction is a growing crisis for teens and young adults.
- ➔ You can be one of the millions of people who successfully quit every year.
- ➔ Within 1 year after quitting, your risk of heart disease goes down by half.



## 2 MAKE A PLAN TO QUIT

You're more likely to quit tobacco for good if you prepare by creating a plan that fits your lifestyle.

**SET** a quit date within the next 7 days.

**CHOOSE** a method: cold turkey or gradually.

**DECIDE** if you need help from a health care provider, nicotine replacement or medicine.

**PREPARE** for your quit day by planning how to deal with cravings and urges.

**QUIT** on your quit day.

## 3 TIPS FOR SUCCESS



### DEAL WITH URGES

Whether physical or mental, learn your triggers and make a plan to address them. Avoid situations that make you want to smoke or use tobacco until you're confident that you can handle them.



### GET ACTIVE

Physical activity can help you manage the stress and cravings when quitting. You'll feel better, too. [heart.org/MoveMore](http://heart.org/MoveMore)



### HANDLE STRESS

Learn other healthy ways to manage the stress of quitting. [heart.org/BeWell](http://heart.org/BeWell)



### GET SUPPORT

A buddy system or support program can help you with some of the common struggles of quitting. [1-800-QuitNow](http://1-800-QuitNow)



### STICK WITH IT

Quitting tobacco takes a lot of willpower. Reward yourself when you reach milestones and forgive yourself if you take a step backward. Get back on course as soon as possible to stay on track and kick the habit for good.

LEARN MORE AT [HEART.ORG/MYLIFECHECK](http://HEART.ORG/MYLIFECHECK) AND [HEART.ORG/TOBACCO](http://HEART.ORG/TOBACCO)