

Preparing to Quit

You have decided to quit using tobacco. Good for you! Quitting is easy but staying quit is hard.

As you approach your tobacco-free days, follow this checklist to prepare to quit and to build your support network so you stay quit.

Do: Talk to your healthcare provider about the best way for you to quit.

Medications and nicotine replacement products help ease withdrawal and cravings increasing your chances of staying quit.

Do: Make a public commitment. Let people around you know you're trying to quit so they can help you stick to your plan.

Do: Decide whether or not you'll try to quit on your own, with a friend or in a group and quit together. Each has its benefits. Talk to your healthcare provider about which way is best for you.

Do: Ask your health care provider, local health department or hospital for referrals to support groups, or tobacco cessation specialists in your area, to help you along the way.

Do Not: Try to do it all by yourself.

Quitting tobacco is a process and you will need support along the way. Get support from your friends and family, healthcare provider and community resources.

Staying quit is hard. Use this checklist to prepare yourself so you are stronger during those tobacco free days, helping increase your chances of staying quit.