Quitting smoking is hard, but it’s not impossible. Here are some keys to success:

1. GET READY
   • Set a quit date and stick to it.
   • Get rid of all tobacco products in your home and car.
   • Think about past quit attempts. What worked and what did not?

2. GET SUPPORT AND ENCOURAGEMENT
   • Tell your family, friends and coworkers you are quitting.
   • Talk to your doctor or other health care provider.
   • Get group or individual counseling. It doubles your chance of success.
   • Get free support by calling 1-800-207-1230.

3. LEARN NEW SKILLS AND BEHAVIORS
   • When you first try to quit, change your routine.
   • Reduce stress.
   • Distract yourself from urges to smoke or use tobacco.
   • Plan something enjoyable to do every day.
   • Drink a lot of water and other fluids.

4. GET MEDICATION AND USE IT CORRECTLY
   Talk with your health care provider about which medication will work best for you:
   • Bupropion SR—available by prescription.
   • Nicotine gum—available over the counter.
   • Nicotine inhaler—available by prescription.
   • Nicotine nasal spray—available by prescription.
   • Nicotine patch—available over the counter.
   • Nicotine lozenge—available over the counter.
   • Varenicline tartrate—available by prescription.

5. BE PREPARED FOR RELAPSE OR DIFFICULT SITUATIONS
   • Avoid alcohol.
   • Be careful around other smokers.
   • Improve your mood in ways other than smoking.
   • Eat a healthy diet, and stay active.

For more keys to success, visit: http://www.cdc.gov/tobacco/quit_smoking/how_to_quit/you_can_quit/five_keys/