

QUIT TIPS

- ⊘ Decide you want to quit.
- ⊘ List your reasons.
- ⊘ Put the list where you will see it often.
- ⊘ Set a quit date and circle it on your calendar.
- ⊘ Prepare yourself and your home.
- ⊘ Throw away cigarettes, lighters and ashtrays.
- ⊘ Ask for help. Your healthcare provider or pharmacy can help you find a way to quit.
- ⊘ Make a plan. Think about what you will do specifically during your weaker moments.
- ⊘ Plan for uneasy times. Plan for how you will deal with really wanting a cigarette when others are smoking around you.
- ⊘ Get support. Ask for support and patience from your partner, family and friends.
- ⊘ Reward yourself. Plan how you will spend the extra money you will save when you quit.

1-800-QUIT-NOW FOR FREE HELP

Monday–Friday (10 am–8 pm)
Saturday–Sunday (10 am–5 pm)

West Virginia Division
of Tobacco Prevention
350 Capitol Street, Room 514
Charleston, WV 25301

1-800
QUIT
NOW
FOR FREE HELP.

West Virginia
TOBACCO
QUIT LINE
1-800-QUIT-NOW 1-877-966-8784

WEST VIRGINIA
DEPARTMENT OF
Health &
Human
Resources
BUREAU FOR PUBLIC HEALTH

WEST VIRGINIA
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PREVENTION
The Virginia Department of Health and Human Resources
Division of Public Health

We're here when
you're ready.