



Tobacco Free Florida offers a number of free resources to help smokers quit.

- These services are available at no cost to tobacco users who are ready to make a quit attempt.
- However you decide to seek help, you will receive proactive coaching sessions, self-help materials and free nicotine replacement therapy (available to eligible callers while supplies last.)
- Counseling and materials in English, Spanish and Haitian Creole; translation services for all other languages and TDD service for the hearing-impaired.

3 EASY & FREE WAYS TO QUIT



Talk to a Quit Coach® who can help you quit tobacco.

1-877-U-CAN-NOW

1-877-822-6669



Online help quitting tobacco is only a few clicks away.

www.quitnow.net/florida



Looking for local face-to-face help? Find a center near you.

www.ahectobacco.com

For more information and tips visit www.TobaccoFreeFlorida.com



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The information in this brochure was taken from You Can Quit Smoking, the Consumer Guide to Treating Tobacco Use and Dependence, a U.S. Public Health Service-sponsored Clinical Practice Guideline. June 2000. U.S. Public Health Service.



QUITTING Isn't Easy

Tobacco Free Florida knows quitting can be very hard, but it's not impossible. Truth is, the average smoker attempts to quit between 8 and 11 times before ultimately quitting for good. Many are left feeling like smoking is an addiction they cannot overcome. But with the right help, resources and support to keep you going, Tobacco Free Florida can give you the best chance to quit for good. For each person, overcoming nicotine addiction is different and we can help you choose a path to quitting that works for you.

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Five Key Steps For QUITTING

Studies show that these five steps will help you quit and quit for good. You have the best chances of quitting if you use them together.

1 Get ready

Set a quit date.

2 Get support

Talk to family, friends, and your health care provider. Get individual, group, telephone or Web counseling. The Florida Quitline (1-877-822-6669) is only a toll-free phone call or a click away.

3 Learn new skills and behaviors

Change your routine. Go for a walk. Drink lots of water. Plan something enjoyable to do every day.

4 Get medication and use it correctly

Use medication to help you stop smoking and lessen the urge to smoke. Ask your health care provider for advice and carefully read the information on the package. If you are pregnant or trying to become pregnant, nursing, under the age of 18, smoking fewer than 10 cigarettes per day, or have a medical condition, talk to your doctor or other health care provider before taking medications.

5 Be prepared for relapses or difficult situations

Don't be discouraged if you start smoking again. Most relapses occur within the first 3 months after quitting. Remember, most people try several times before they finally quit.

Good Reasons For QUITTING

- Quitting is one of the most important things you will ever do.
- Quitting will help you live longer and better.
- Quitting will lower your chances of having a heart attack, stroke, or cancer. In fact, after 2 days, your chance of a heart attack drops.
- Quitting will improve your chances of having a healthy baby if you're pregnant.
- Quitting will make the people you live with, especially your children, healthier.
- Quitting will give you extra money to spend on things other than cigarettes.

Common Triggers

You aren't just addicted to smoking or chewing; you're also habitually addicted to the act of using. Over time, smoking or chewing becomes a part of your daily routines or coping mechanisms. Certain activities, routines or feelings "trigger" you to smoke or chew. Triggers can be a habitual or daily activity such as a morning cup of coffee or a particular emotion or feeling, such as stress or unhappiness. Even a certain time of the day can be a trigger.

Triggers are a huge barrier to quitting tobacco. In order to quit successfully, you need to first determine what "triggers" you to smoke or dip.

With practice, you can overcome triggers. Eventually, it does become easier to separate triggers and tobacco, and finally quit for good. Here's how you can identify and beat your triggers:

- 1 Figure out what your triggers are by keeping a list of when you have the urge to smoke.
- 2 Make a list of the places where you would normally smoke.
- 3 Then, come up with alternate ways you can approach an activity or emotion.