







Tips to Help You Quit Smoking/Vaping

Make Quitting Easier

	Write down the reasons you want to quit. Put these where you can see them to remind yourself everyday of why you are quitting.
	Choose the date of your last cigarette/e-cigarette. Get rid of all of the reminders of smoking/vaping (cigarettes, e-cigarettes, matches, lighters, e-liquids, and ashtrays) so you are not tempted.
	Tell important people in your life about your plan. Having support makes a big difference.
	Keep yourself busy. Exercising, such as going for a walk, is a great way to keep your mind off smoking/vaping and improve your health.
	Eat more fruits and vegetables and drink plenty of water. Eating healthy foods can help you feel your best and handle stress better. Water will help to flush the nicotine out of your system.
	Reward yourself! Quitting happens one minute, one hour, one day at a time. Quitting is hard; be proud of your accomplishments.

Talk to your doctor to get help with quitting.

FREE Quit Support:

- Visit www.smokefree.gov
- Pregnant people: for helpful text messages, text MOM to 222888
- Liv App, a free app of resources for pregnant people
- Text READY to 34191
- Log into equitnow.com

