

TIPS FROM
FORMER
SMOKERS®
10 YEARS



TIPS TO START YOUR QUITTING JOURNEY TODAY

QUITLINES CAN BE A KEY TO YOUR SUCCESS

1. You can get free help to stop smoking with no judgment.
2. Quit coaches help create a plan that can work for you.
3. Quit coaches can help you get quit-smoking medicines.
4. You can get helpful tips on cravings and withdrawals; websites, apps, and texting programs to help you quit; and, handle setbacks.
5. And the best reason of all to use a quitline - you're more likely to stay quit!



LEARN ABOUT QUITTING MEDICINES

- Reasons to use medicines when you quit
- New ways to quit with medicines
- How quit smoking medicines work
- Which quit smoking medicine is right for you
- How to use quit smoking medicines



MAKE A QUIT PLAN

- Before you Quit:**
- Know your reasons for quitting
 - Make a decision to quit
 - Take steps to quit
 - Build your quit plan

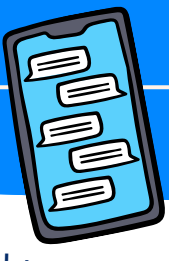


- Strategies for Effective Quitting:**
- Manage your quit day
 - Recognize signs of depression
 - Reduce your stress
 - Avoid secondhand smoke

- Maintaining your Quit:**
- Prevent slips
 - Build support to stay quit
 - Prepare to stay smoke-free
 - Enjoy the benefits of being smoke-free

SIGN UP FOR FREE TEXTS

Free 24/7 quit help texted to your phone. **Text CDC to 47848**, answer a few questions and you will start receiving messages.



FIND SOCIAL SUPPORT

- Follow CDC Tobacco Free & Tips from Former Smokers® campaign on social media @CDCTobaccoFree
- Join the conversation and share facts and stories with your friends and family about the the dangers of smoking and tobacco use.



CALL TO TALK TO A QUIT SMOKING COACH TODAY

- 1-800-QUIT-NOW** (1-800-784-8669)
- Spanish:**
1-855-DÉJELO-YA (1-855-335-3569)
- Asian Languages:**
- **1-800-556-5564 (Korean)**
 - **1-800-778-8440 (Vietnamese)**
 - **1-800-838-8917 (Mandarin & Cantonese)**



The Tips from Former Smokers® Campaign provides free support and tools to help you quit.

Visit: <https://www.cdc.gov/tips>

