

Tips to Quit Smoking:

- Remember why you want to quit smoking (for example, for a healthy heart, your children's health, save money, etc.).
- Avoid people and situations that tempt you to smoke.
- Pick a reward for every quit milestone you reach.
- Clean your house to remove the smell of cigarette smoke.
- It may take several attempts before you quit.
- Don't give up. Keep trying!

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Learn more:



To create a plan to quit smoking, find a free or low-cost smoking cessation program near you, and receive a **FREE** exercise band call the *Su Familia* Helpline toll-free at **1-866-783-2645**.