**HOW TO QUIT TOBACCO**

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**EDUCATE YOURSELF**

The first step to quitting smoking, vaping and using tobacco is to understand the risks and health effects for you and your family.

- Within 1 year after quitting, your risk of heart disease goes down by half.
- Smoking is the most preventable cause of death in the U.S. It’s linked to about one third of all deaths from heart disease and 90% of lung cancers.
- Smoking damages your circulatory system and increases your risk of multiple diseases.
- Cigarettes, e-cigarettes and tobacco products contain many toxic chemicals, as do their smoke, vapor and liquids.
- Tobacco use and nicotine addiction is a growing crisis for teens and young adults. You can be one of the millions of people who successfully quit every year.
- Vaping and secondhand smoke
- About half of U.S. children ages 3-11 are exposed to secondhand smoke and vapor.

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**MAKE A PLAN TO QUIT**

You’re more likely to quit tobacco for good if you prepare by creating a plan that fits your lifestyle.

- **SET** a quit date within the next 7 days.
- **CHOOSE** a method: cold turkey or gradually.
- **DECIDE** if you need help from a health care professional, nicotine replacement or medicine.
- **PREPARE** for your quit day by planning how to deal with cravings and urges
- **QUIT** on your quit day.

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**TIPS FOR SUCCESS**

**DEAL WITH URGES**

Whether physical or mental, learn your triggers and make a plan to address them. Avoid situations that make you want to smoke or use tobacco until you’re confident that you can handle them.

**GET ACTIVE**

Physical activity can help you manage the stress and cravings when quitting. You’ll feel better, too.

**HANDLE STRESS**

Learn other healthy ways to manage the stress of quitting.

**GET SUPPORT**

A buddy system or support program can help you with some of the common struggles of quitting. 1-800-QuitNow

**STICK WITH IT**

Quitting tobacco takes a lot of willpower. Reward yourself when you reach milestones and forgive yourself if you take a step backward. Get back on course as soon as possible to stay on track and kick the habit for good.

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Learn more at [heart.org/lifes8](http://heart.org/lifes8)