1. FIND A REASON TO QUIT
   Do you want to breathe easier? Be around longer for your family? Save money? Whatever gets you fired up, write it down. A strong reason can get you started. And it will help you stay quit when you’re tempted to smoke.

2. MAKE A PLAN

3. CALL 1-800-QUIT-NOW
   People who call the Quitline are twice as likely to quit for good. A trained advisor will help you make a personal plan and offer support along the way. It’s free, and it works!

4. GET SUPPORT
   Research shows that support while quitting can really help. Talk with your family and friends about your plan to quit. Let them know what they can do to help you.

5. USE A QUITTING AID
   Quitting aids, like nicotine patches and gum, and other FDA-approved medications are helpful. They can cut withdrawal symptoms and increase your chance of quitting for good. Your health plan or Medicaid benefits may cover these products. Talk with your doctor about which quitting aids are right for you.

6. MAKE YOUR HOME & CAR SMOKE-FREE
   Having smoke-free areas can help you stop smoking. And your friends and family will enjoy cleaner air and a longer, happier life - with you still in it!

7. SET A QUIT DATE
   Choose a date when you will quit. This shows you’re serious. And you’re more likely to give it a try.

8. QUIT ON YOUR QUIT DATE
   Sounds obvious, right? But what good is a quit date unless you actually try to stop smoking? Planning is good - doing is even better.

9. PICTURE BEING A NONSMOKER
   After you quit, you have a choice to make. Are you a smoker who’s just not smoking for now? Or are you a nonsmoker? For nonsmokers, smoking is not an option in any situation. Choose to see yourself as a nonsmoker.

10. KEEP TRYING
    Most people try several times before they quit for good. Slips don’t have to turn into relapses - but if they do, remember each time brings you closer to your goal.

   If you keep trying, you will succeed!