



Quitting Tobacco

Your Journey to Freedom

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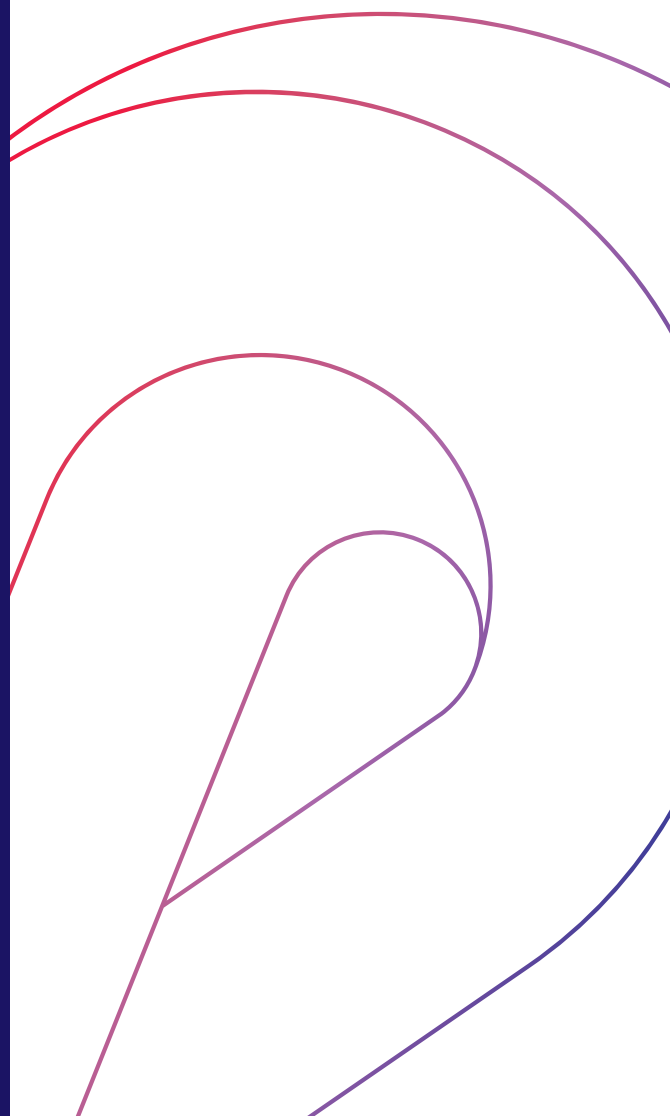
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There's no such thing as safe smoking

If you've tried to quit tobacco before without success, try again. Most people make several attempts before they're able to quit tobacco for good.

Millions of Americans have quit tobacco. You can do it, too. This booklet gives you the information and strategies you need to focus your efforts and become tobacco-free for life.

There's no such thing as safe smoking.

Some products are sold as safe alternatives to smoking. Vaping nicotine using e-cigarettes is definitely NOT a safe alternative. Smokeless tobacco is bad for your health in many of the same ways that regular tobacco is unhealthy.

This booklet can help. The strategies presented here can help you quit tobacco (and nicotine addiction) in all its forms.



Why Quit?

Habits are hard to break. Quitting nicotine in all its forms — whether you get it from tobacco, e-cigarettes, or vaping — may be one of the hardest things you'll ever do. Staying focused on why you want to quit can help you stay the course.

According to the Centers for Disease Control, more than 70% of all tobacco users want to quit:

"I used to be an athlete. Now I struggle going up 2 flights of stairs. I hate thinking about what the smoke is doing to my body."



"When I make an online dating profile, I never want to say I'm a smoker. But that's what I am."



"I feel bad smoking around my kids. I don't want them to think it's okay to smoke. And I think my smoke may be making them get sick more often."



"I watched my dad die of emphysema. I don't want that to be me, dragging my oxygen tank around."



"I know it has a hold on me. It's the first thing I do in the morning and the last thing I do at night. It takes a lot of my time and money."



For your health

Quitting tobacco is important for your health. For example, the tobacco in cigarettes contains over 7,000 chemicals. More than 250 of those chemicals are known toxins (poisons). However, it's never too late to stop the damage tobacco does to your body. Look at what happens when you put out your last cigarette:

- Within minutes, your blood pressure and heart rate return to normal.
- Within hours, the carbon monoxide level in your blood will go down — and the oxygen level will go up.
- Within days, your ability to smell and taste will improve, and the yellow stains on your hands and teeth will fade.
- Within weeks to months, you'll start to breathe easier. Your smoker's cough will disappear, and you'll find that you're more clear-headed and energetic.
- Within a year or two, your risk for heart disease, stroke, emphysema, and lung cancer will drop by up to 50%. Eventually, your risk for these diseases will be the same as if you had never smoked.

For the health of the people around you

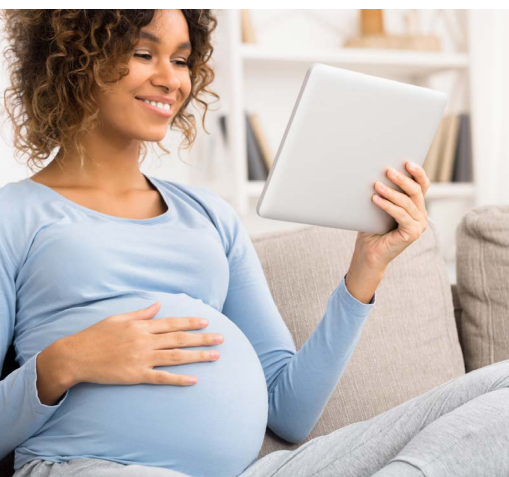
Think about the people around you. When you smoke, they are smoking too. They face the same health risks you do, whether they like it or not. Studies show that children are at even greater risk for problems caused by secondhand smoke.



For your looks and your social life

You don't have to be vain to appreciate these benefits of quitting:

- Fewer wrinkles
- No more stained teeth and fingers
- Better breath
- Clothes and hair that no longer smell of tobacco
- No need to leave gatherings or work to smoke outside
- No more worrying that people are put off by the smell in your home or car



Why do I want to quit?

- ☐ I want to be a healthier example to my kids.
- ☐ I want to keep my heart disease from getting worse.
- ☐ I want to buy a car and keep that new-car smell.
- ☐ _____
- ☐ _____
- ☐ _____

For a health pregnancy and baby

If you're thinking about having a baby — or if you're pregnant — you have even more reasons to quit:

- Improve your chances of becoming pregnant. Studies show that smokers (both women and men) are less fertile than non-smokers.
- Lower your chances of having a miscarriage or serious problems with your pregnancy. When you smoke, you breathe in carbon monoxide — the same gas that comes out of your car's tailpipe.
- Increase the chance that your baby will be born healthy. The earlier you quit, the better for your baby.
- Lower your baby's risk of dying from SIDS (sudden infant death syndrome). Smoking increases the risk of SIDS and may cause respiratory problems, such as asthma.
- Help your baby have a healthy childhood. If a mother smokes — especially during pregnancy — her baby will have a greater chance of getting asthma in childhood. A child raised in a house with a smoker is also likely to have more ear infections, colds, bronchitis, and breathing problems.
- For many women, pregnancy provides the motivation to make a break at last. In fact, research shows that women are more likely to quit tobacco during pregnancy than at other times in their lives.
- If you managed to quit tobacco during your pregnancy, it's a great time to stay quit. And if you didn't, it's not too late to stop.

For your finances

Have you ever stopped to think about how much money you spend on tobacco in a week, a month, or a year? Take a moment to do the math — and write down what you’d rather spend money on.

How much do you smoke and spend?		What would you save and what could you do?
For example: A pack of cigarettes costs about \$10.65 A can of dip costs \$6 to \$7. A pouch of chew costs about \$5 to \$7.	If I smoke half-a-pack a day: • I spend \$35.88 each week, • \$155.78 each month, and • \$1,87.63 each year on my habit.	If I quit, in 10 years I'd save \$18,706. Here's what I'd do with that money:
	If I smoke a pack a day: • I spend \$71.75 each week, • \$311.56 each month, and • \$3,741.25 each year on my habit.	If I quit, in 10 years I'd save \$37,413. Here's what I'd do with that money:
	I smoke two packs a day. • I spend \$143.50 each week, • \$623.13 each month, and • \$7482.50 each year on my habit.	If I quit, in 10 years I'd save \$74,825. Here's what I'd do with that money:

For your time

Quitting will do more than save you money — it will save you time too. How much time? You’d be surprised. Use the chart below to see how much time you spend on your habit — and to write down what you’d rather be doing with those hours, days, weeks, and months.

The average smoker takes 7 to 10 minutes to smoke one cigarette.

	In 1 day, I smoke:	In 1 week, I smoke:	In 1 month, I smoke:	In 1 year, I smoke:	What I'd rather be doing:
I smoke half a pack a day.	1 hour, 10 minutes	8 hours, 10 minutes	35 hours (about a day and a half)	420 hours (about 17 days)	
I smoke a pack a day.	2 hours, 20 minutes	16 hours, 20 minutes	70 hours (almost 3 days)	840 hours (35 days)	
I smoke 2 packs a day.	4 hours, 40 minutes	32 hours, 40 minutes	140 hours (almost 6 days)	1,680 hours (70 days — almost 2½ months)	

Electronic cigarettes and vaping



The National Youth Tobacco Study (2025) showed that 9.5% high school students and 4.1% middle school students used tobacco products in the last 30 days.

- Will these products help me quit? NO!
- Are these products safe to use? NO!
- Is the vapor safe to inhale? NO!

The term e-cigarette covers a broad range of devices, including electronic nicotine delivery systems (ENDS), vapes, Juuls, dabs, or e-juice. Some people think e-cigarettes are a safe way to help you quit smoking, but nothing could be further from the truth.

How they work

When the chemicals are heated by a battery in the e-cigarette, they create a vapor or aerosol that's inhaled. (This is why users call it "vaping.") Recent problems have arisen from other substances that are vaped in the e-cigarette, including methamphetamines, THC, and marijuana.

What are the risks?

E-cigarettes may not contain tobacco, but they do contain nicotine — the main, highly addictive chemical in tobacco. They also contain liquid chemicals such as those listed in the table below.

Studies show that adults who use e-cigarettes as a tool to quit smoking are actually more likely to increase nicotine use. E-cigarettes can trigger the desire to smoke and increase use in both products. This can actually increase dependence on nicotine products.

Because nicotine and the chemicals in e-cigarettes cause changes in your blood vessels, they cause additional harm to people with diabetes, cardiovascular disease, and COPD.

They can also cause problems with brain development in people under the age of 25, as well as addiction to nicotine, acute serious lung problems, and other health problems.

Chemical	Effects on your body
Propylene glycol + flavorant	Airway inflammation
Copper	Liver and nerve damage
Ethylbenzene	Acute respiratory irritant, chronic kidney and blood problems
Diacetyl	Pulmonary (lung) obstruction
Marijuana or THC	Under 25: negative effects on brain development Lung injury

Parts of e-cigarette devices and the problems they can cause:

- **Vapor or aerosol:** Recent studies show that the vapor or aerosol from e-cigarettes contains high levels of a cancer-causing product called formaldehyde. That makes the risk for getting cancer increase significantly.
- **Nicotine:** According to JUUL's manufacturer, a 5% JUUL pod contains approximately 40 mg of nicotine, an amount roughly equivalent to the nicotine content of a pack of 20 cigarettes (about 200 puffs). Actual nicotine delivery and absorption can vary depending on vaping behavior.
- **E-liquid:** The liquids in e-cigarettes often smell like candy or are packaged like a snack. When the liquids are swallowed by younger children, nicotine poisoning occurs. The most common side effects of nicotine poisoning for children include nausea and vomiting. Please consult poison control should this occur.
- **Battery:** Batteries can explode due to improper replacements or poor design.



EVALI: What is it?

EVALI stands for **E-cigarette and Vaping Associated Lung Injury**. This is a newly-named health condition most commonly found in people who use e-cigarettes and vaping devices. While each case of EVALI may be different, some common symptoms include:

- Shortness of breath
- Inflammation of the lungs
- Reduced oxygen level in the blood

During the 2019-2020 EVALI outbreak, the CDC reported 2,807 hospitalized cases and 68 deaths in the United States. There are many theories about the causes of EVALI:

- **E-cigarettes are unregulated.** Investigations found that most EVALI cases were associated with THC-containing vaping products, particularly those obtained from informal or illicit sources. Vitamin E acetate, used as a thickening agent in some THC cartridges, was identified as the primary chemical linked to the outbreak.
- **Heavy metals and chemicals from the heating coil or battery can be inhaled.** These chemicals can cause an inflammatory response in the body.
- **A large number of young adults use e-cigarettes or vaping devices.** Utah has a higher rate of lung injuries than the national average due to high use of e-cigarettes among young adults.

Getting Ready To Quit

You have your reasons for wanting to quit. Now, take some time to consider the reasons you use tobacco in the first place. This will help you come up with strategies to combat them.

Plan to tame your triggers

Think about the situations, people, places, and feelings that often lead you to reach for a cigarette (or a can or pouch of tobacco). These are your triggers. Some common triggers are finishing a meal, talking on the phone, or being around other people who use tobacco.

You probably can't avoid your triggers entirely. But you can take control of them before they take control of you. When your trigger hits, do something else instead of using tobacco. Sometimes it's just a matter of having something in your mouth or your hand.

See the list of common triggers and substitutes below.
Map out your own trigger-taming plan.

Common triggers

- Finishing a meal
- Talking on the phone
- Being around friends who smoke
- Feeling stressed, bored, angry, or lonely
- Having a cup of coffee
- Taking a work break
- Riding in the car
- Feeling anxious or depressed
- Watching TV

Common substitutes

- Chewing some sugar-free gum
- Going someplace where you can't use tobacco
- Brushing your teeth
- Going for a walk
- Squeezing a rubber ball
- Doing some deep breathing
- Playing cards or computer games
- Having a cup of tea or a glass of water
- Having a healthy snack: carrots, raisins, nuts

My triggers	My substitutes
Watching TV	Chewing gum

Pick an approach

There’s no right or wrong way to quit. The point is to pick a method — or mix of methods — that you think will work for you, and stick with it. Some things to think about:

- **Your past:** You’ve done hard things before. You may have even tried to quit tobacco before. Think about what helped — and what didn’t. Where did you get stuck? Use both successful and unsuccessful experiences to help you make a plan that will work this time.
- **Your personality:** Are you deliberate and methodical, or more of an all-or-nothing person? Do you get support from talking to people, or do you prefer to work things out on your own? What has helped you reach other goals in the past?

Review the options below to build your own best approach.

Methods	Will this work for me?
Medicine. Prescription drugs like Chantix (varenicline) and Zyban (bupropion) help many people quit for good. These drugs help block nicotine’s effect on the brain, which can reduce your craving and help you stay the course.	☐ Yes☐ No☐ Maybe Why or why not? _____ _____ _____
Nicotine replacement therapy (NRT). NRT eases nicotine withdrawal by giving your body a steady supply of nicotine in gradually decreasing doses. It comes in the form of nicotine chewing gums, skin patches, inhalers, nose sprays, and lozenges. Some types of NRT are available over the counter, while others require a prescription.	☐ Yes☐ No☐ Maybe Why or why not? _____ _____ _____
Tobacco quitting programs. Being part of a structured program can be very encouraging. Most programs are phone-based. Refer to the “Resources for helping you quit” section at the end of this booklet, or contact your healthcare provider for a list of tobacco cessation programs near you. Insurance often covers this.	☐ Yes☐ No☐ Maybe Why or why not? _____ _____ _____
Tapering off. You can gradually cut down on the number of cigarettes you smoke each day until you hit zero. You can do this by postponing the time of your first cigarette a little each day or by cutting out the places you allow yourself to use tobacco (for example, never in the car). This tapering method can reduce the intensity of withdrawal symptoms, but it also lengthens the time you have to deal with them.	☐ Yes☐ No☐ Maybe Why or why not? _____ _____ _____
Quitting all at once. Some people find it best to just make up their minds to quit and do it. The major drawback to this strategy is that the withdrawal symptoms can be intense.	☐ Yes☐ No☐ Maybe Why or why not? _____ _____ _____

Quit Date Checklist:

- ☐ **1 week before your quit date:** Make plans to stay busy on your quit date. Get your teeth cleaned. Schedule a racquetball game. Arrange dinner and a movie with your (non-tobacco-using) friends.
- ☐ **4 days before your quit date:** Stock up on gum, carrots, sunflower seeds, and other healthy tobacco substitutes.
- ☐ **2 days before your quit date:** Get rid of your lighters or matches. Throw away your ashtrays.
- ☐ **The day before your quit date:** Destroy your cigarettes, chew, or dip. (Don't just throw the packages in the trash. You might be tempted to rescue them. Pour water on them, toss them in a dumpster, get rid of them entirely!) Search your pockets, your car glove box, your kitchen cupboards, your desk — anywhere you have tobacco stashed — and replace them with healthy alternatives.

Pick your team

Think about who you'll turn to for support when you feel the urge to smoke, dip, or chew. Who can help you resist? Who will say "no" when you ask for "just one" puff or dip? Who will remind you of your reasons for quitting, and cheer you on day by day?

Your "support team" can include family, friends, and coworkers. It could also include a counselor in a tobacco cessation program (see programs listed on page 18). Write the names of your support team members here:



Set a quit date — and get ready

Now, you're ready to set a "quit date." This is the date you'll become tobacco-free — the day after which you will never use tobacco again.

Some people give themselves a week to prepare, while others need a little longer. The specific date doesn't much matter — as long as the date is firm ("June 5" for example, not "soon") and as long as you stick to it.

Write your quit date down on the line below and use the checklist at right to count down to success.

My quit date is: _____

Staying Quit

It's the morning of your quit date. Congratulations! You're tobacco-free! Now comes the hard part: Staying that way. Here's what you can do to complete your journey to freedom.

Dealing with withdrawal

The first 7 days are the hardest. Most relapses happen in the first week after quitting. This is when withdrawal symptoms are strongest and your body is still dependent on nicotine. The symptoms of nicotine withdrawal can be intense, particularly if you're not using a medicine to help you quit. Take heart. **These symptoms are always temporary.**

Three million Americans quit smoking every year — and so can you. Use the table below to help you understand your symptoms — and make a plan to deal with them

Symptoms of withdrawal	What I can do to cope (Pick from the list or write down your own idea.)
Intense cravings. Cravings may be less intense if you're taking a medication like Chantix or are using a form of nicotine replacement therapy.	• Pick from your list of substitutes on page 10. • _____
Irritability. You may be more cranky and short-tempered than usual. This irritability lessens over time — and is usually gone after 2 to 4 weeks.	• Deep breathing • Laughing • _____
Tiredness. Because you no longer have nicotine for stimulation, you may feel tired and distracted. You should feel more energetic after a few weeks.	• Get more sleep • Exercise • _____
Coughing. You might find that you're coughing more — not less — in the first few days after you quit smoking. This is actually a good sign! It means that your lungs are working hard to clean themselves.	• Exercise (helps speed the cleaning process) • Stay well hydrated (helps clear mucus) • _____
Hunger. Craving for tobacco is often confused with hunger pangs.	• Drink water • Chew carrots and celery • _____
Trouble sleeping. Some people feel restless as they make the change to being tobacco-free. Nicotine affects sleep patterns, and your body may need to readjust.	• Exercise earlier in the day • Take a warm shower • Read a book • _____



If you're quitting smokeless tobacco

You may experience salt cravings in addition to nicotine cravings because of the large amount of sodium in smokeless tobacco. Don't confuse the salt craving with nicotine craving. Try chewing some sunflower seeds or jerky.

You may miss having something in your mouth. Have a few "substitutes" on hand — gum, hard candy, sunflower seeds, or toothpicks.

Don't let your mind play tricks on you

You can't change a habit without changing your mind. But when you first quit, it may seem like your mind doesn't really want to change! You may have to make a conscious effort to combat unhelpful ideas that crop up. Here are some examples:

Maybe it's not a good time to quit — I'm under a lot of stress.

Your body is used to nicotine, so giving it up does feel stressful. But nicotine is a stimulant that raises your heart rate, blood pressure, and adrenaline levels. It robs your brain of oxygen too. Most ex-users feel less nervous and more focused just a few weeks after quitting.

Quitting is too hard — it just isn't worth it!

Try not to think of quitting as a sacrifice or punishment. You're not giving up anything of real value. Remember why you want to quit. Focus on what you're gaining — better health and life — not what you're losing. Quitting is a gift you can give yourself and your family.

I think I'll always miss smoking.

Think of quitting as a process, not an event. Your tobacco habit will lose its hold on you over time, not all at once. Luckily, time is on your side. The longer you're tobacco-free, and the more you focus on what you have to gain by quitting, the less you'll miss tobacco.

I slipped up. I'll never be able to quit.

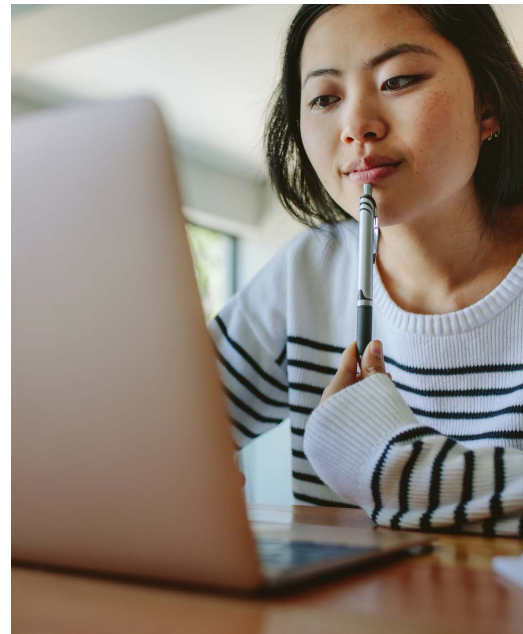
One mistake — or 2, or 4 — doesn't mean failure. Take a close look at what went wrong. Think about it as a learning experience and try something different. Remember, most people make several attempts to quit before finally succeeding for good. Each attempt brings you closer to success.

Don't let the tobacco industry play tricks on you either!

Like any other industry, the tobacco industry wants to make money. They do this by creating new tobacco users and keeping the ones they already have. This isn't as easy as it once was — cigarette sales are in decline. In response, the tobacco industry has needed to be more aggressive.

Here are just a few of the creative ways that the tobacco industry is working to build its market:

- **Suggesting that smokeless tobacco products are safe.** Newer products like e-cigarettes and dissolvable tobacco are often billed as “alternatives” to smoking. Tobacco products are marketed with wholesome words like “mellow,” “fresh,” and “natural.” The liquids in e-cigarettes often smell like candy or are packaged like snacks. But don't be fooled: They're not safe, and they don't help you quit.
- **Claiming that their tobacco products can be used all day, everywhere.** With newer products, there's no smoke, and many don't even require you to spit. The packages are small and won't attract attention at work or school. The nicotine content is often quite high. In this way, the tobacco industry has made it easy to build a dangerous nicotine addiction.
- **Suggesting that smoking tobacco through a hookah is safer than smoking cigarettes.** Smoking tobacco with a hookah (water pipe) is more harmful than smoking cigarettes because the hookah doesn't filter out harmful substances. What's more, hookah users often inhale far more smoke than cigarette smokers do.
- **Targeting children in their advertising.** Candy-flavored tobacco and vapes, candy-like tobacco lozenges, cute packaging that looks like mints, gum, beef jerky, candy — experts say these are clearly designed to appeal to children. Getting kids hooked on nicotine may be profitable for the tobacco industry, but it's a disaster for children's health.





When someone offers me tobacco, I say:

"No thanks, I'm good."

"I'm trying to make a change, and I'd like your help."

"I don't smoke."

Staying quit: Tips for remaining tobacco free

- **Track your journey.** Nothing motivates like success.
- **Put an X on your calendar for every day you go without tobacco.**
- **Revisit your reasons.** Fight temptation by reminding yourself of all the reasons you want to quit. Check out the list you made on page 6.
- **Be ready with your substitutes.** Instead of focusing on what you CAN'T do (smoke, chew, dip), focus on what you CAN do. What substitutes did you identify on page 10? Make sure you have them handy.
- **Talk it out.** Reach out to the people on your support team. Ask them to be patient if you're irritable and to support you when you're tempted.
- **Talk it up.** Be careful not to let old ways of thinking overtake the new patterns you're trying to build. Talk about your success ("2 days smoke free!"), not just your fears of failure. Most importantly, don't let yourself make excuses for going back to tobacco. Use the space below to make a list of responses you can give when someone offers you tobacco.
- **Mix things up.** A change of environment or routine can really help you get off to a good start. For the first week or 2, mix things up a bit. Stay away from places that allow smoking. Spend more time with friends who DON'T smoke, chew, or dip. Drive a different route to work. Start a new hobby or habit to fill in the space left by your previous tobacco habit.
- **Get help.** Check out the resources on the next page. Talking to a tobacco cessation counselor or logging onto an online support group may strengthen your resolve.

"It's nice to have energy, to have good skin, to taste food properly, to be able to run — and it's nice NOT to smell like an ashtray!"

- **Ease stress.** Quitting is stressful. A particularly stressful event — a bad day at work, an argument at home — can make you feel like you “deserve” or “need” tobacco. Try these things instead:
 - **Exercise.** Walk, swim, or bike the tension away.
 - **Laugh.** See a comedy. Seek out a lighthearted friend.
 - **Relax.** Do yoga or deep breathing. Take a long, hot bath. Work some crosswords. Put on some music.
 - **Take it one day at a time.** You don’t have to solve every problem today or commit to a lifetime of perfection. Try not to think of the rest of your life! Just do your best, day by day.
- **If you slip up, get back on track.** Smoking one cigarette or more than one cigarette doesn’t mean you’ve failed. Same with chew and dip. Think about what you’ve learned and why you used tobacco again. That new information can help you as you keep trying to quit. Remember how long you went without tobacco before? This shows you CAN do it again. And with each thing you learn, you can go even longer. You can quit forever.
- **Celebrate.** You’re achieving something difficult, so feel good about yourself! Reward yourself for being tobacco-free. Write down some things to look forward to as you make your goals.

Here’s how I am going to celebrate being tobacco free

When I go 5 days without tobacco, I will:

take a day off work and go hiking.

When I go _____ days without tobacco, I will:

When I go _____ days without tobacco, I will:

When I go _____ days without tobacco, I will:

When I go _____ days without tobacco, I will:

“I don’t worry about having cigarettes or matches with me all the time. I don’t worry about hiding my smoking. I don’t feel bad about how I’m hurting my health or my kids’ health. I feel so FREE — there’s nothing like it.”

Resources to help you quit

Tobacco cessation programs

Way to Quit

waytoquit.org

In English: 800-QUIT-NOW (800-784-8669)

En Español: 855-DÉJELO-YA (855-335-3569)

Way to Quit is a FREE telephone and online resource for information on the dangers of tobacco and nicotine use. It's also a valuable tool for those looking to give up their tobacco dependence. Trained coaches help provide the resources and motivation needed to live a tobacco-free life. Quitting tobacco isn't easy, but it CAN be done. Let them help you or your loved one discover the way to quit!

The service is available to all teens, uninsured adults, and adults on Medicare or Medicaid. Way to Quit also provides support and information for pregnant women trying to quit tobacco.

Quit for Life program

quitnow.net

In English: 866-784-8454

En Español: 866-784-8454 (y oprima 2)

The Quit for Life program is a confidential, phone-based quitting program offered by several employers. It provides one-on-one telephone support from a trained specialist who can help you make a quit plan that fits your life. The program includes a quit guide and workbook, access to an online support community, and stress management tools and materials.

This program is available at no charge for SelectHealth members. It's now available in American Sign Language, Cantonese, Danish, French, German, Hindi, Italian, Mandarin, Norwegian, Somali, Spanish, Taiwanese, and Vietnamese. Translation services are available for other languages.



Colorado residents

In COLORADO, call 1-800-Quit-Now (1-800-784-8669) or go online to coquitline.org for quitting aids, a plan to help you quit, and a coach to help you stay on track.

Idaho residents

In IDAHO, call 1-800-Quit-Now (1-800-784-8669) or go online to quitnow.net/idaho for quitting aids, a plan to help you quit, and a coach to help you stay on track.

Or, check out projectfilter.org online to find information and support to help you quit.

Montana residents

In MONTANA, call 1-800-Quit-Now (1-800-784-8669) or go online to quitnowmontana.com for quitting aids, a plan to help you quit, and a coach to help you stay on track.

Nevada residents

In NEVADA, call 1-800-Quit-Now (1-800-784-8669) or go online to nevadatobaccoquitline.com for quitting aids, a plan to help you quit, and a coach to help you stay on track.

Or, check out one of these resources:

- [Nevada Tobacco Prevention Coalition](#)
- [Healthy Southern Nevada](#)
- [Clark County Health](#)

Online programs

Freedom from smoking

freedomfromsmoking.org/

Freedom from Smoking is an online quit program from the American Lung Association and Intermountain Healthcare. Intermountain's online course is called Freedom From Smoking® Plus. But, you can take the course other ways as well. See which option is best for you.

BecomeAnEx

exprogram.com

Quitting tobacco means taking control of your life and making the change you want to make. We're with you all the way. Create a smart, custom plan online to guide you through your tobacco-free life.

Smokefreetxt

smokefree.gov/tool-text/

SmokefreeTXT is a mobile text-messaging service to help you quit smoking. It's designed for adults and young adults in the U.S. who are trying to quit smoking. The program provides 24/7 support and tips to help you stay quit.

More helpful websites

cdc.gov/tobacco

nicotine-anonymous.org

smokefree.gov

talkabouttobacco.com

cdc.gov/tobacco/e-cigarettes/youth-quitting

National organizations

American Lung Association (ALA)

- 800-548-8252 Lung HelpLine
- lung.org/quit-smoking

American Cancer Society (ACS)

- 800-227-2345
- cancer.org

American Heart Association (AHA)

- 800-242-8721
- heart.org



