

How Can I Quit Smoking?

Smoking cigarettes tops the list of major risk factors for our number 1 killer, heart disease.

Smoking also harms people who do not smoke but are around those who do. This includes infants and children. If you smoke, you have good reason to worry about its effect on your health and that of your loved ones and others. The American Heart Association recommends 4 steps to help you quit.

Step 1

- List your reasons to quit. Read them several times a day.
- Wrap your cigarette pack with paper and rubber bands. Each time you smoke, write down the time of day, how you feel and how important that cigarette is to you on a scale of 1 to 5.
- Rewrap the pack.

Step 2

- Keep reading your list of reasons. Add to it if you can.
- Don't carry matches. Keep your cigarettes out of easy reach.
- Each day, try to smoke fewer cigarettes. Try not to smoke the ones that are least important.

Step 3

- Continue with Step 2. Set a target date to quit.
- Don't buy a new pack unless you finish the 1 you're smoking.
- Change brands 2 times during the week. Each time, choose a brand lower in tar and nicotine.
- Try to stop for 48 hours at 1 time.



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your risk of heart disease
and stroke starts to drop.**

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Step 4

- Quit smoking completely. Throw out all cigarettes and matches. Hide lighters and ashtrays.
- Stay busy! Go to the movies, exercise, take long walks or go bike riding.
- Avoid situations and “triggers” that make you think of smoking.
- Find healthy substitutes for smoking. Carry sugarless gum or artificially sweetened mints. Munch carrots or celery sticks. Try doing crafts or other things with your hands.
- Do deep breathing exercises when you get the urge to smoke.

Is it too late to quit?

No matter how much or how long you’ve smoked, when you quit smoking, your risk of heart disease and stroke starts to drop. In time, your risk will be about the same as if you’d never smoked!

Want help quitting?

Call the Florida free Quitline: **1-877-U-CAN-NOW (1-877-822-6669)**.
24 hours a day, 7 days a week.

This information is available for free in other languages. Please contact our customer service number at **1-855-355-9800** or TTY **1-855-358-5856**, 24 hours a day, 7 days a week.

Esta información está disponible en otros idiomas de forma gratuita. Comuníquese con nuestro número de servicio al cliente al **1-855-355-9800** o TTY **1-855-358-5856**, las 24 horas del día, los 7 días de la semana.

Enfòmasyon sa a disponib gratis nan lòt lang. Tanpri rele sèvis kliyan nou an nan nimewo **1-855-355-9800** oswa TTY **1-855-358-5856**, 24 sou 24, 7 sou 7.

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