



**Nicotine is a powerful addiction.
But millions have quit tobacco.
You can, too!**

See Your Doctor for Medication

- Ask your doctor if medications are right for you. There are seven FDA-approved medications to help you quit – including Chantix, Zyban and nicotine replacement therapies, such as the patch, gum, lozenge, inhaler and nasal spray.
- These medications, combined with the proper coaching, can really help.

Get FREE Coaching and Medication

- Connect to the Wisconsin Tobacco Quit Line by:
 - Call 800-QUIT-NOW (800-784-8669)
 - Text READY to 200-400
 - Visit www.WiQuitLine.org
- They'll help you develop a plan that's right for you.
- They'll send you a free two-week supply of the nicotine gum, patch or lozenge.
- It's confidential.

Replace Tobacco with Healthier Options

- Keep your hands and mouth busy.
- Try carrots, straws, pretzel sticks, or gum.
- Don't skip meals.
- Drink water. It helps during urges.
- Limit coffee and alcohol—they can increase your urge to smoke.



Change Your Routine

- Exercise regularly.
- Walk with a friend.
- Get more sleep.
- Go to bed earlier. Take naps. Read a book before bed instead of lighting up or chewing.
- Take deep breaths.
- Remind yourself cravings will soon pass.
- Avoid places you connect with smoking/chewing.
- Avoid alcohol.
- Remind yourself why you are quitting.

Reduce Your Stress

- Take a hot bath or shower, get a massage or exercise.
- Take a deep breath. Urges pass.
- Watch a funny movie.

Put Yourself In a Position to Resist Cravings

- Hang out with people who don't use tobacco.
- Ask for support.
- Toss all tobacco products, lighters, containers, etc.