

# YOU CAN QUIT SMOKING: HERE'S HOW

Quitting smoking is one of the most important steps you can take to improve your health. This is true no matter how old you are or how long you have smoked.






Many people who smoke become addicted to nicotine, a drug that is found naturally in tobacco. This can make it hard to quit smoking. But the good news is there are proven treatments that can help you quit.



## Counseling

- ↔ Can help you make a plan to quit smoking.
- ↔ Can help you prepare to cope with stress, urges to smoke, and other issues you may face when trying to quit.

### YOU CAN:

- ↔ Talk to a quit smoking counselor individually or in a group 
-  ↔ Get free confidential coaching through a telephone quitline (1-800-300-8086)
- ↔ Use free online resources like *kickitca.org* 
-  ↔ Sign up for free texting programs by texting *QUIT SMOKING* to 66819
- ↔ Use a mobile app like *NO BUTTS* 

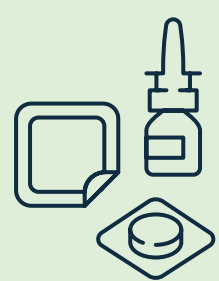
## Medications

Can help you manage withdrawal symptoms and cravings, which helps you stay confident and motivated to quit.

### YOU CAN:

#### USE NICOTINE REPLACEMENT THERAPY (NRT)

- ↔ over-the-counter forms: patch, gum, lozenge
- ↔ prescription forms: inhaler, nasal spray



#### TALK TO YOUR HEALTHCARE PROVIDER ABOUT USING A PILL PRESCRIPTION MEDICATION

- ↔ varenicline
- ↔ bupropion



#### COMBINE MEDICATIONS

- ↔ Use a long-acting form of NRT (nicotine patch) together with a short-acting form (such as nicotine gum or lozenge). Compared to using one form of NRT, this combination can further increase your chances of quitting.



Counseling

PLUS

Medications



Using counseling and medication *together* gives you the best chance of quitting for good.



MANY OF THESE TREATMENTS AND RESOURCES MAY BE AVAILABLE TO YOU FREE OF CHARGE OR MAY BE COVERED BY YOUR INSURANCE.