



5-Day Plan to Get Ready

The first step to quitting smoking is to **decide to quit**. Next, make an appointment with your health care provider, or contact a smoking cessation clinic to discuss options for treatment. Then **set a quit date**.

Quit Day Minus 5: **Get Ready!**

- List all of your reasons for quitting and tell family and friends about your plan. Think of who to reach out to when you need help and/or support. Stop buying cigarettes. **Set a quit date.**

Quit Day Minus 4: **Change Your Routine.**

- Pay attention to when and why you smoke (**identify triggers**). Think of habits or routines you may want to change and brainstorm alternatives. Make a list of things to do instead of smoking/chewing tobacco.

Quit Day Minus 3: **Plan for More Money.**

- Make a list of the things you could do with the extra money you will save by not buying tobacco.

Quit Day Minus 2: **Purchase Medication.**

- Buy over-the-counter nicotine patches, gum, or lozenges, or get a prescription for the nicotine inhaler, nasal spray, or medication (Zyban or Chantix). Clean your clothes to get rid of the smell of tobacco smoke.

Quit Day Minus 1:

- Think of a reward you will get yourself after you quit. Make an appointment with your dentist to have your teeth cleaned. At the end of the day, throw away all cigarettes and matches. Put away lighters and ashtrays.

QUIT DAY:

- Keep very busy. Change your routine when possible, and do things out of the ordinary that do not remind you of smoking/chewing tobacco. Remind family, friends, and co-workers about your quit day, and ask them to help and support you. Avoid triggers such as caffeine and alcohol. Buy yourself a treat, or do something to celebrate. **You can do it!**

Quit Day Plus 1: **Congratulations!**

- Congratulate yourself. When cravings arise, do something else that is not associated with tobacco use (drink water, take deep breaths, distract yourself). Call your support network. Find healthy things to snack on, like carrots, sugarless gum, or air-popped popcorn.

