



SECONDHAND SMOKE SMOKE-FREE HOUSING

TIPS TO QUIT SMOKING AND VAPING



MAKE A QUIT PLAN.

Your chances of successfully quitting smoking and vaping are better when you have a plan. Learn your triggers and ways to avoid them by building your personalized quit plan at 802quits.org.



TRY FREE PATCHES, GUM & LOZENGES.

Whether you quit on your own or talk with a Quit Coach, using free patches, gum and lozenges from 802Quits increases your chances of successfully quitting.



DELAY A CRAVING!

If you feel a craving, tell yourself to wait 10 minutes. Then do something to distract yourself. Put together a "stress relief bag" with mints, drinking straws and a stress ball to keep your hands busy during cravings. Order free distraction tools at 802quits.org.



REDUCE STRESS.

To improve your mood, practice deep breathing or talk to friends, family and counselors. For an energy boost, get regular exercise and have healthy snacks throughout the day.



A SLIP IS JUST A SLIP.

It takes most people multiple times to quit successfully. A slip doesn't mean you're a smoker, vaper or tobacco user again. The key is to get right back on track.

FIND THE PATH THAT'S RIGHT FOR YOU.



YOU CAN QUIT.
WE CAN HELP.

802quits.org
1-800-QUIT-NOW