

# DO YOU WANT TO

# Quit Now?

Quitting  
works best  
when  
you are  
prepared.

## HERE'S HOW TO START

**S** = **Set** a Quit date

**T** = **Tell** family, friends and co-workers that you plan to quit

**A** = **Anticipate** and plan for the challenges you'll face while quitting

**R** = **Remove** cigarettes and other tobacco products from your home, car and work

**T** = **Talk** to your doctor about getting help to quit

# 1-800-QUIT NOW

Source: *Clearing The Air—Quit Smoking Today*. National Cancer Institute. National Institutes of Health. U.S. Department of Health and Human Services. [http://www.smokefree.gov/pubs/clearing\\_the\\_air.pdf](http://www.smokefree.gov/pubs/clearing_the_air.pdf)