

YOU CAN Quit

Follow
this 5-Day
Countdown
to your
Quit Date

5 Days BEFORE YOUR QUIT DATE

- Think about your reasons for quitting
- Tell your family & friends that you are planning to quit
- Stop buying cigarettes

4 Days BEFORE YOUR QUIT DATE

- Pay attention to when and why you smoke
- Think of other things to hold in your hand instead of a cigarette
- Think of habits or routines to change

3 Days BEFORE YOUR QUIT DATE

- What will you do with the extra money when you stop buying cigarettes?
- Think of who to reach out to when you'll need help

2 Days BEFORE YOUR QUIT DATE

- Buy the nicotine patch or nicotine gum
- Or see your doctor to get the nicotine inhaler, nasal spray or the non-nicotine pill

1 Day BEFORE YOUR QUIT DATE

- Put away lighters and ashtrays
- Throw away all cigarettes and matches
- Clean your clothes to get rid of the smell of cigarette smoke

QUIT DAY

- Keep very busy
- Remind family and friends that this is your quit day
- Stay away from alcohol
- Give yourself a treat or do something special

Source: *You Can Quit Smoking*. Information kit for consumers. March 2003.
U.S. Public Health Service. <http://www.surgeongeneral.gov/tobacco/conspack.html>

1-800-QUIT NOW

NORTH CAROLINA
Health  Wellness
TRUST FUND


NC Tobacco Prevention and Control Branch

North Carolina
HEALTH
Smart