

TIPS TO QUIT SMOKING AND VAPING

FIND THE PATH THAT'S RIGHT FOR YOU.



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.

Your chances of quitting increase when you combine counseling with nicotine replacement therapy patches, gum and lozenges – all free from 802Quits.



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've failed. The key is to get right back on track.



YOU CAN QUIT.
WE CAN HELP.

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