

Still Smoking?

Make a plan to meet your goals.





6 Reasons to Quit Smoking

1

Live a healthier life.

Smoking causes cancer, heart disease, stroke, type 2 diabetes and other diseases. Quitting can add years to your life and will improve your health no matter how long you have smoked.

2

Breathe easier.

Get rid of that cough. Quitting smoking can also reduce your risk of respiratory infections, such as pneumonia.

3 Improve the health of people around you.

Secondhand smoke causes cancer, heart disease and other illnesses. Children exposed to smoke are more likely to have bronchitis, asthma attacks, ear infections, pneumonia and sudden infant death syndrome (SIDS).

4 Save money.

Smoking one pack per day costs about \$5,000 per year. What could you spend the extra cash on?

5 Improve your quality of life.

Your clothes, car and home will smell better. Food will taste better. You will look better too – people who quit have healthier skin and teeth.

6

Enjoy better sexual and reproductive health.

Men who smoke can have trouble getting and keeping an erection. Smoking can also reduce fertility in those trying to get pregnant, and smoking during pregnancy can cause babies to be born too small or too soon.



9 Tips to Make Quitting Easier

1 Prepare yourself.

Make a list of your reasons for quitting and read it often. Write your list here:

2 Plan your approach.

If quitting all at once seems overwhelming, set goals to cut back over time. If you are ready now, choose a quit date that works for you and gives you time to prepare.

Get rid of your ashtrays, lighters and cigarettes beforehand. What approach do you think will work best for you?

3

Keep your home and car smoke-free.

It is healthier for others and will help you resist smoking.

4

Get support and encouragement.

Tell your family, friends and coworkers that you are quitting and ask for their support. Who can you ask for support?

You can also call the New York State Smokers' Quitline at 866-697-8487 to talk to a quit coach.

5

Consider using medications.

The nicotine patch, gum, lozenge, nasal spray or inhaler, and medications such as Zyban (bupropion) and Chantix (varenicline) greatly reduce cravings and **double your chance of success**. Which tobacco treatment medication(s) are you interested in trying?

6

Notice what triggers your cravings.

Alcohol, coffee, stress and being around others who smoke can all trigger cravings. Notice what makes you crave smoking. Write down one major trigger here:

What can you change in your daily routine to help manage or avoid this trigger? Write your plan here:

7 Find a quit buddy.

Ask a friend or someone else who smokes to quit with you, or find someone who has already quit who you can talk to for support. Who can be your quit buddy?

8 Help yourself cope.

Try some physical activity to relieve stress and improve your mood and health – a brisk walk often works. You can also try deep breathing

or meditation. What other activities can you try?

9

Get your mind off smoking.

Distract yourself with a simple task. Eat a healthy snack, chew gum or drink water. Take a walk around the block. Call a friend. What can you do to distract yourself when you have cravings?

Keep Trying to Meet Your Goals

It takes most people multiple tries to quit before they succeed. If you start smoking again, you have not failed. You have learned about the triggers that make you smoke and how to cope with them. The next time you quit will be easier and more productive.

Even if you are not ready to quit, medications can prevent nicotine withdrawal symptoms and cravings in situations where smoking is not allowed or if you are trying to cut back. Talk with your health care provider.



What about electronic cigarettes (e-cigarettes)?

E-cigarettes are not approved by the U.S. Food and Drug Administration (FDA) to help people quit smoking. If you use e-cigarettes and want to quit, talk with your health care provider, or use the resources here. For more information about e-cigarettes, visit [nyc.gov/health](https://www.nyc.gov/health) and search for **e-cigarettes**.

Resources

- To learn more about medications and strategies to help you cope with nicotine withdrawal, visit **nyc.gov/health** and search for **nicotine withdrawal** or talk to your health care provider. Most health insurance plans, including Medicaid, cover services to help you.
- To talk to a quit coach, visit the New York State Smokers' Quitline at **nysmokefree.com** or call 866-NY-QUITS (866-697-8487). Most adults will qualify for a free starter kit of nicotine medications, such as patches and lozenges.
 - If your preferred language is Chinese (800-838-8917), Korean (800-556-5564) or Vietnamese (800-778-8440), call the Asian Smokers' Quitline, Monday to Friday, from 10 a.m. to midnight, or visit **asiansmokersquitline.org**.
- Find no-cost or low-cost smoking and vaping treatment programs near you. Visit **nyc.gov/health/map**.

It is never too late to try.

For more information on resources that can help you, visit **nyc.gov/nycquits**, scan the QR code below or call **311**.

