

You Can Quit Smoking!

5-DAY COUNTDOWN

Follow this five-day countdown to your quit date:

5 Five Days Before Your Quit Date

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

4 Four 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 Three Days Before Your Quit Date

- Think of what you will do with the extra money.
- Think of who to reach out to when you need help.

2 Two Days Before Your Quit Date

- Buy the nicotine patch, nicotine lozenges or nicotine gum.
- Or see your doctor to get the nicotine inhaler, nasal spray or a prescription for a non-nicotine option such as varenicline or bupropion.

1 One 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.

Take off!

Quit Day!

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

Smoke Free, Congratulations!

- If you slip, don't give up. Set a new date to get back on track.
- Call a friend or "quit-smoking" support group.
- Eat healthy food and get exercise.

For help in quitting smoking, call the National Cancer Institute's Smoking Quitline toll free, **1-877-44U-QUIT**.