



**Tobacco Free Florida offers a number of free resources to help smokers quit.**

- These services are available at no cost to the smoker, to anyone living in Florida who is ready to make a quit attempt.
- However you decide to seek help (on the phone or online) **You will receive proactive coaching sessions, self-help materials and nicotine replacement therapy (available to eligible callers while supplies last).**
- Phone: Call the toll-free Florida Quitline at **1-877-U-CAN-NOW** to speak with a Quit Coach who will help assess the user's addiction and create a personalized quit plan.
- Online: Enroll in online counseling with the Florida Quitline, where each user can create a personalized, web-based quit plan.  
Visit <https://www.quitnow.net/florida> to enroll.
- Counseling and materials in English, Spanish and Haitian Creole; translation services for all other languages and TDD service for the hearing-impaired.

For more information visit [www.FloridaQuitline.com](http://www.FloridaQuitline.com)



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# QUIT SMOKING TODAY



## Cigarettes Are Designed For Addiction

If you have tried to quit smoking, you know how hard it can be. It is hard because nicotine is a very addictive drug. In fact, tobacco products are more attractive and addictive than ever before. Cigarettes today are designed to deliver nicotine more quickly from the lungs to the heart and brain. For some people, nicotine can be as addictive as heroin or cocaine. Quitting is hard. Usually, people make four to seven quit attempts before finally being able to quit for life. Each time you try to quit, you can learn about what helps and what can hold you back.



## Good Reasons For Quitting

- Quitting is one of the most important things you will ever do.
- Quitting will help you live longer and better.
- Quitting will lower your chances of having a heart attack, stroke, or cancer.
  - In fact, after 2 days, your chance of a heart attack drops.
- Quitting will improve your chances of having a healthy baby if you're pregnant.
- Quitting will make the people you live with, especially your children, healthier.
- Quitting will give you extra money to spend on things other than cigarettes.

## Five Key Steps For Quitting

Studies show that these five steps will help you quit and quit for good. You have the best chances of quitting if you use them together.

1. **Get ready**  
Set a quit date.

2. **Get support**

Talk to family, friends, and your healthcare provider. Get individual, group, telephone or Web counseling. The Florida Quitline (1-877-822-6669) is only a toll-free phone call away.

3. **Learn new skills and behaviors**

Change your routine. Go for a walk. Drink lots of water. Plan something enjoyable to do every day.

4. **Get medication and use it correctly**

Use medication to help you stop smoking and lessen the urge to smoke. Ask your healthcare provider for advice and carefully read the information on the package. If you are pregnant or trying to become pregnant, nursing, under age 18, smoking fewer than 10 cigarettes per day, or have a medical condition, talk to your doctor or other healthcare provider before taking medications.

5. **Be prepared for relapses or difficult situations**

Don't be discouraged if you start smoking again. Most relapses occur within the first 3 months after quitting. Remember, most people try several times before they finally quit.

## Some situations to watch for:

Many things in your daily life may pose challenges that make it more difficult to quit. If you are prepared to avoid these triggers, you can improve your chances of successfully quitting. Some situations to watch for:

**Alcohol.** Because smoking is often tied to socializing, avoid drinking alcohol. Drinking lowers your chances of success.

**Other Smokers.** Being around other smokers can make you want to smoke.

**Weight Gain.** Many smokers will gain weight when they quit, usually less than 10 pounds. Eat a healthy diet and stay active. Don't let weight gain distract you from your goal—quitting smoking. Some quit-smoking medications may help delay weight gain.

**Bad Mood or Depression.** Your mood is tied to your nicotine addiction and when you are quitting it can be really tough to get over a bad day. There are a lot of ways to improve your mood other than smoking. Try working out, going outdoors, or listening to music.

If you are having problems with any of these situations, talk to your doctor, healthcare provider, or call your Quit Coach.

**1-877-U-CAN-NOW**  
(1-877-822-6669) toll-free