

LEARN ABOUT HOW TO QUIT SMOKING



This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider. For more information, contact your health care provider or visit the Centers for Disease Control and Prevention at www.cdc.gov.



Getting Help to Quit Smoking

You don't have to quit smoking alone! There are people who can help you, like:

- Quit smoking counselors who you can talk to one-on-one or in a group
- Free help by phone at 1-800-QUIT-NOW
- Websites like CDC.gov/quit and Smokefree.gov that give tips and support
- Apps like quitSTART that help you stay on track



Medicines That Help

Medicine can help with cravings and withdrawal symptoms when you stop using nicotine. These can make quitting easier!

- Nicotine Replacement Therapy (NRT) comes in different forms:
 - No prescription needed: Patches, gum, or lozenges
 - Prescription needed: Inhalers or nasal sprays
- There are also pills your doctor can give you, like varenicline or bupropion, to help you quit



Best Way to Quit

- Using both counseling and medicine together gives you the best chance to quit for good!
- Many of these tools are free or may be covered by insurance