

Quick Tip Reference Card

Keep these tips to quit smoking as reminders.

Prepare Yourself to Quit

- Set a date for quitting and write it down.
- Make a list of things that may make it hard to quit. Think about how you can deal with those situations.
- Start a fitness program.
- Get support from family and friends. Ask friends and family who smoke to join you in quitting.

For the Best Chance of Success

- Remove the smell of tobacco by cleaning your house and car.
- Get rid of lighters, ashtrays and matches.
- Don't keep cigarettes, cigars or tobacco products around.
- Keep plenty of carrot or celery sticks, suckers, hard candies and gum on hand for those times when you are tempted to use tobacco products.

Ask your Healthcare Provider

- Are there lozenges, patches, gum or medications to help me stop smoking?
- Are there local support groups that help people stop smoking in my community?
- What can I do about withdrawal symptoms?

Call Kentucky's Tobacco Quit Line

1-800-QUIT NOW

or 1-800-784-8669

The call is free and it works!

**Or visit the American Lung Association at
www.lungusa.org**

This information is for educational purposes. It is not intended to replace medical advice from your healthcare provider. Please consult your healthcare provider for advice about a specific medical condition. If you have questions, call (888) 564-3476.

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Cabinet for Health and Family Services
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<http://chfs.ky.gov/dms/hi/default.htm>



**November is Lung
Cancer Awareness
Month**

**YOU CAN
DO IT!**

**Commit to quit
smoking.**

