



**YOU  
CAN  
QUIT  
TOBACCO**





# You *can* quit tobacco! .....



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.....▶ **YOU *CAN* QUIT TOBACCO!**

You are reading this because you are thinking about quitting tobacco. You may be nervous, worried that you will fail or unable to see how you will get through a day without tobacco. These are normal feelings—even tobacco users who quit have them!



# YOU CAN DO IT!

Quitting tobacco is recognized as one of the hardest substances to quit, but there are ways to make it easier. Using FDA-approved medications and counseling can help you quit. By getting support from a trained tobacco Quit Coach, you can improve your success. When counseling is paired with short- and long-acting medications, treatment is up to four times as effective as trying to quit cold turkey!

You have many people on your side, ready to help you quit. You can get free help by visiting [802quits.org](https://802quits.org) or calling **1-800-QUIT-NOW**. You can talk with your doctor about quitting. There are medications to help you quit. And do not forget one of the biggest support groups ready to see you through quitting tobacco—your family, friends and co-workers.

Most tobacco users have to try a few times before they quit for good. But it pays off—half of all Vermonters who have ever used tobacco have quit!

**YOU CAN QUIT, TOO.**

# REASONS TO QUIT

- Health
- Family and friends
- Money

# REASONS TO QUIT

You have your own reasons for wanting to quit tobacco. Personal reasons for wanting to quit are the most important reasons and will help you quit for good.

People often wonder if quitting tobacco really makes a difference. It does. Here are some reasons why:

▶ **Quitting now is the single best thing you can do for your health.**

Tobacco users are more likely to die early than non-tobacco users. A 35-year-old tobacco user is twice as likely to die before reaching the age of 65.

Tobacco can affect the way you live your life and can get in the way of who you want to be.

Using tobacco can cause diseases that can make you disabled and dependent on other people, including heart disease, many types of cancer, aneurysms, chronic bronchitis, emphysema, stroke and Type 2 diabetes.

Inhaling chemicals into your lungs from a combustible cigarette or a battery-operated electronic cigarette device:

- Decreases the health of your immune system, making you at higher risk of the flu and other serious respiratory infections.
- Can cause cervical cancer and hurt a woman's ability to have a healthy baby or to get pregnant. It is linked with miscarriage, stillbirth, infant death, low birth weight and Sudden Infant Death Syndrome (SUIDS).
- Can cause impotence in men because of decreased blood flow.

But quitting tobacco now can reverse much of the damage.

The risk of lung cancer, for example, can drop by as much as half within ten years of quitting.

► **Your family and friends will be glad you quit.**

Your tobacco use affects the people you care about. When you quit tobacco, you will have more energy to do things with your family and friends. You will increase your chances of living longer to be an active part of their lives.

Quitting can also make the people you care about healthier. E-cigarettes produce an aerosol containing ultrafine particles and carcinogens, which can enter the lungs and cause damage. Secondhand smoke from your lit cigarette can hurt the people around you. Children who breathe secondhand aerosol and smoke have more asthma attacks and ear infections.

## ▶ Quitting tobacco saves money.

Tobacco costs a lot. In the long term, health problems from tobacco use can cost you money in time missed at work, doctor visits and long-term care. In the short term, purchasing tobacco products adds up!

**In Vermont, a pack of cigarettes at \$8.01 per day\* equals \$56.07 a week. That's about \$3,000 a year!**

**With that money, you could put a down payment on a reliable car or take a dream vacation.**

**\$3,000**

STEP 1

### WHY I WANT TO QUIT

- ▶ Ways my health will improve when I quit:
- ▶ Family and friends I am quitting for:

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\*Prices from <https://www.salestaxhandbook.com/vermont>

# Make a Quit Plan

- Pick a quit date
- Use your experience
- Know your triggers
- Plan for cravings
- Be ready for challenges



# MAKE A QUIT PLAN

Use this section to start your Quit Plan.

802Quits has a Quit Plan Worksheet on [page 41](#) for you to fill out and carry with you. You can also find a Worksheet online at <https://802quits.org/home/i-want-to-quit/make-your-quit-plan/>

## ▶ 1. Pick a date to quit tobacco: *your quit date.*

This is the day you will quit tobacco completely. For some, it may be the day to start reducing. A date two to four weeks away from today will work well. Write this date in your Quit Plan Worksheet.

## ▶ 2. Use your past experience.

Some people quit on their first try, while it takes other people many tries to quit tobacco for good. Take a few minutes to think about what happened in the past when you tried to quit.

- What helped you quit?
- What made you start using tobacco again?
- What could you do this time to make sure you do not start using tobacco again?

Write down your answers in your Quit Plan Worksheet.

### ▶ 3. Know your triggers.

**Triggers** are certain times, places, people or feelings that make you want to use tobacco. You can plan to deal with your triggers if you know what they are.

Watch for these common triggers and think about how to deal with them:

- **The first cigarette in the morning:** Try a new morning routine. Take a shower first thing, brush your teeth or have breakfast in a new place. Doing something different will help you get out of the routine of that first cigarette.
- **The time after a meal:** Have a mint or a cup of tea. Get up from the table. If you are with friends, get them to take a walk with you.



- **Driving:** Take tobacco out of your car. Clean it out to get rid of the smell of cigarettes. Throw out the spit bottle. Keep healthy snacks, cinnamon candy or sugar-free gum in the car with you.
- **Drinking alcohol:** Alcohol can make you relax and give in to the idea of having a smoke. Try not to drink alcohol for the first few weeks you are quitting. If you decide to drink, try having a soda or juice at least half the time. And if you go to a bar, go with friends who know you are trying to quit and will help you stick to it!
- **Using other drugs:** Other drugs have the same effect as alcohol. If you need help quitting other drugs, call 802-565-LINK or go to <https://vthelplink.org/> to find treatment options.
- **Boredom or killing time:** Think about the times when you are bored and use tobacco. What can you do to beat the boredom? If you are inside, go outside. Run an errand. Clean a room. Call a friend. Carry something with you for times when you will be waiting—a book, Sudoku or crossword puzzles.



- **Coffee breaks:** Avoid areas where people are smoking. Try to use a different exit if you go outside. Take a cell phone out with you and call a friend. Take some water or gum with you on your break. Ask a non-smoker to take a break with you.
- **Stress:** Feelings of stress are a major trigger for most people. For tips on dealing with stress, see [page 20](#).

Fill out your Tobacco Record Card included with this booklet. Tracking when you use tobacco, what you are doing, and who you are with, will help you understand (and beat!) your triggers.

What are your triggers? How will you beat them? Write down your answers in your Quit Plan included with this booklet.

**Create Your Quit Plan**  
Quitting is tough, but being prepared boosts success.

**802 QUILTS**

**1 MY QUIT DATE IS:** \_\_\_\_\_

**2 MY REASONS TO QUIT ARE:** \_\_\_\_\_

**3 MY TRIGGERS ARE:** \_\_\_\_\_

**15**

## ► 4. Plan for cravings and other withdrawal symptoms.

Tobacco use is an addiction—your body depends on nicotine, a drug in tobacco products.

When you stop tobacco, your body reacts to the fact that the nicotine is gone. This is called withdrawal, and it can make you feel sick or nervous. These feelings are strongest for the first three or four weeks after you quit.

Even if you have had withdrawal symptoms when you have tried to quit before, this time may be different. A lot depends on how you prepare your mind and take care of your body.

You can take medications to help you with these symptoms. Get the medication before your quit date and learn how to use it the right way. For information about these medications, [see page 27](#).



- **Cravings** are a common withdrawal symptom. A craving is the feeling that you need tobacco. Most cravings last for just a few minutes. Ride a craving like a wave, and you will get through to the other side. Each time you make it through a craving, you will feel stronger. Practice the four Ds (**see box on [page 19](#)**).
- **Coughing** will last only a few days. Your body is clearing out mucous left over from smoking. Use cough drops, hard candies and drink water or juice to help.
- **Headaches or feeling lightheaded** can occur for a week or so because you are getting more oxygen in your body.
- **Tiredness, trouble sleeping and lack of focus** can last for two to four weeks as your body adjusts to not using tobacco. Try exercise, hot showers, less caffeine and taking time to relax.
- **Feeling irritable and emotional** can be caused by your body's craving for nicotine. Talk to a friend or call **1-800-QUIT-NOW** to talk with a counselor and discuss using nicotine replacement therapy (NRT) especially short- (patch) and long-acting (gum, lozenge) together. You can also cut down on caffeine.

**Stomach pain, gas and constipation** are rare but can happen. Your digestion slows down a bit while your body adjusts to the lack of nicotine. Drink water and make sure to exercise.

Eat fruit, vegetables and whole grains. Digestive issues should go away in one or two weeks.



## PRACTICE THE FOUR DS TO HELP YOU GET THROUGH A CRAVING:

**Delay:** Wait out the urge to use tobacco. It will pass in a few minutes.

**Deep breathing:** Breathe in slowly and as deeply as you can, then breathe out slowly. Repeat this five times.

**Drink water:** Sip the water slowly and hold it in your mouth a little while.

**Distract:** Talk to a friend, focus on the task you are doing, get up and move around. Do something that takes your mind off tobacco for a few minutes.

How will you deal with cravings?  
Write your answer in your Quit Plan Worksheet.



## ► 5. Be ready for challenges.

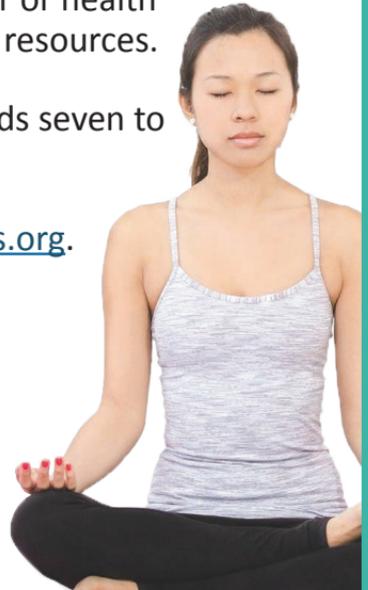
If you think now about what might make you want to use tobacco when you quit, you will be better able to resist. Stress, negative thoughts and being around other smokers may be challenges.

For many people, tobacco is a way to handle stress. When you quit tobacco, you need to find new ways to deal with stress. Here are some ways to keep your stress level down. Start using them now, so that you are less stressed out when you quit.

- **Talk to someone** about what is bothering you.
- **Plan your day.** Give yourself extra time so that you do not feel like you are always running behind.
- **Be active!** Take a walk, run an errand, stretch, visit a friend, work out at the gym, or play ball with the kids. Work off stress by doing something you enjoy.



- **Do something different** that gets you away from what makes you feel stressed. It may give you a new outlook.
- **Relax.** Sitting still and taking long, deep breaths for a minute or two can help. Try a yoga class or get a relaxation or meditation tape from the library or bookstore.
- **Stress management courses** can give you tools to deal with stress. Your community health center or health plan may offer classes. Call 2-1-1 for local resources.
- **Get enough sleep.** The average adult needs seven to eight hours of sleep each night.
- **Sign up for text support** through [802quits.org](https://www.802quits.org).



- **Talk back to your negative thoughts**

It is normal to feel discouraged, but do not give in to your doubts! You can quit tobacco. Try talking back to your negative thoughts. Here are some examples:

Negative thought	How to talk back
If I had a cigarette, I would feel better.	This feeling will pass. I am getting healthier every day.
Everyone else is smoking.	I do not smoke! And more than 85% of adults in Vermont do not smoke either.
I am still young. I could vape for a while.	My family needs me, and I will be healthier and able to do more when I quit.
Why am I putting myself through trying to quit?	I can handle this, and soon these feelings will be replaced with better ones.

Write down your own discouraging thoughts and practice making a positive response. You can talk back to your doubts! Quitting tobacco may feel like losing something important; it can also give you a sense of winning back your freedom.

- **Being around other tobacco users**

When people who use tobacco are part of your everyday life, you have an added challenge. Think now about how you will manage being with them, so that they will not feel defensive and you will not be tempted to smoke or vape.

- Ask smokers not to offer you cigarettes or leave packs lying around.
- Ask them not to tease you or say that you will fail.
- Do not hang around while people are using tobacco.
- Ask smokers or vapers you live with to quit with you or to smoke outside your home.
- Remind yourself of your main reason for quitting.

While not every tobacco user will want to help you, keep in mind that most are trying to quit or want to quit, too.

# Set Your Plan in Motion

- Line up support
- Decide on medicine
- Cut down to get ready
- Make your world tobacco-free



# SET YOUR PLAN IN MOTION

## ► Line up your support.

Support from family, friends and co-workers makes it easier to quit tobacco. These people are around you a lot, so getting them to help you will pay off!

You can also get support from someone who is trained to help people quit tobacco. By getting support from a trained tobacco Quit Coach, you can improve your success. When counseling is paired with short- and long-acting medications, treatment is up to four times as effective as trying to quit cold turkey.

Think about which family, friends and co-workers you want to tell about your plans to quit tobacco—and then tell them. Who will give you support and be positive? Think about how they can help you: Do you want them to call you? Go for walks with you? Send you email messages to keep your spirits up? If you would rather they did not make a big deal about it, tell them that, too.

## More ways to line up your support:

- Let your health care provider know you are quitting and ask for their advice.
- Contact your insurance plan to learn what types of counseling and medications they cover to help you quit.
- If you are thinking about using counseling support, sign up now. Free one-on-one support is available over the phone through **1-800-QUIT-NOW**. Your Quit Coach will call you during your first few weeks of quitting. You can also quit online at [802quits.org](https://www.802quits.org) with help from online tools and resources like the chat feature.



## ► Decide on medications.

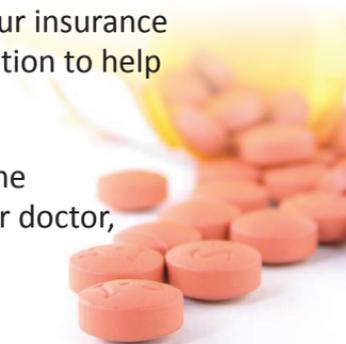
You do not have to use medications to quit tobacco, but it makes quitting easier.

Using medication helps with your withdrawal symptoms. When counseling is paired with short- and long-acting medications, treatment is up to four times as effective as trying to quit cold turkey.

If you have tried a medication before, try again. A different one may work better for you. Get your medication and know how to use it before your quit day arrives. Your doctor or pharmacist can help, or your Quit Coach.

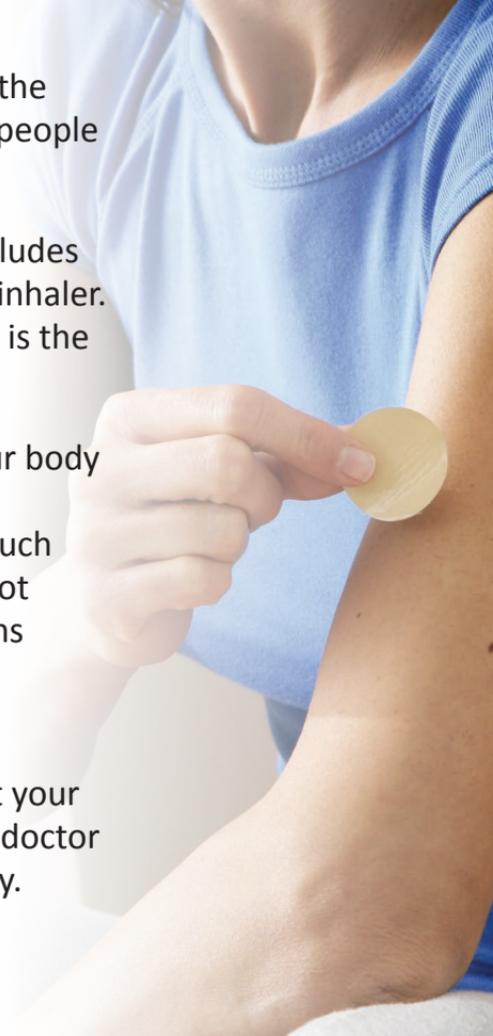
NRT patches, gum and lozenges are free through 802Quits. If getting it through your doctor, check with your insurance company to see if it will pay the cost of medication to help you quit tobacco.

Make sure you use the medication exactly as the instructions say. If you have questions, call your doctor, pharmacist or 1-800-QUIT-NOW.



Three types of medications are approved by the Food and Drug Administration (FDA) to help people quit tobacco:

- **Nicotine Replacement Therapy (NRT)** includes the patch, gum, lozenge, nasal spray and inhaler. Most people try the patch first because it is the easiest to use.
- NRT helps you with cravings by giving your body a small, steady amount of nicotine. Your provider or Quit Coach will advise how much NRT and for how long you use it. NRT is not addictive and does not contain the poisons found in tobacco smoke.
- The patch, gum and lozenge are available without a prescription, but you should let your doctor know you are about to start! Your doctor must prescribe the inhaler and nasal spray.



If your insurance does not pay for NRT, email [tobaccovt@vermont.gov](mailto:tobaccovt@vermont.gov) for assistance. If you are uninsured or you don't have a provider, call 2-1-1 to speak to someone for help.

These oral NRT are available by prescription:

- **Zyban**<sup>®</sup> is also known as Wellbutrin Sustained Relief. It is a pill that can help with cravings and other withdrawal symptoms. It is not addictive. You start taking it about one week before you quit tobacco, getting your body ready for the changes to come. Your doctor must prescribe it.
- **Chantix**<sup>®</sup> is the newest medication available. It is a pill that helps with cravings and other withdrawal symptoms. It also blocks the part of the brain that gives tobacco its kick. It is not addictive. You start taking this pill at least one week before quitting tobacco. Your doctor must prescribe it.

If you do not feel well while using any medication, call your doctor or talk with a pharmacist right away. As with all medications, there may be side effects.

## ▶ Cut down to get ready.

If you smoke more than 10 to 12 cigarettes each day, you may find it helpful to cut down on the number you smoke before you quit for good. Use these steps to cut down before you quit:

- Set a quit date that is two to four weeks away.
- Over the next two weeks, slowly cut down on the number of cigarettes you smoke each day.
- When you reach 10 to 12 cigarettes per day, you are ready to quit for good on your quit date.

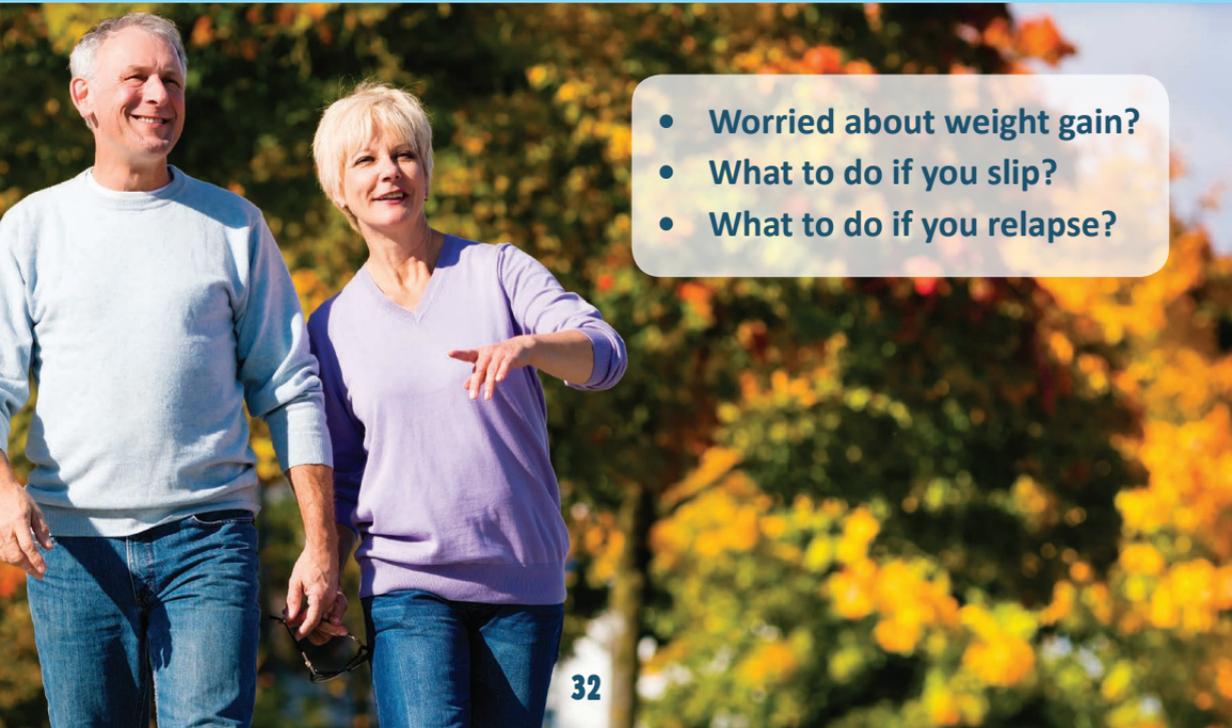
Remember, cutting down on any tobacco product, including e-cigarettes, makes it easier to quit, but it is not a proven way to quit by itself. Use cutting down as a way to get ready to quit.

## ► Make your world tobacco-free.

- Remove tobacco products from your home, car and purse or bags.
- In the week or two before you quit, avoid tobacco in places where you spend a lot of time, like your home or car.
- Make plans to go to places you enjoy that do not allow tobacco—restaurants, cafés, ballparks, movie theaters, etc.
- Stock up on healthy snacks.
- Put the Why I Want to Quit wallet card in your wallet and look at it often.



# YOU ARE ABOUT TO BE TOBACCO-FREE!



- Worried about weight gain?
- What to do if you slip?
- What to do if you relapse?

# YOU ARE ABOUT TO BE TOBACCO-FREE!

On your quit date, put your plan into action.

You have your reasons for quitting. You made a quit plan. You know how you will deal with triggers, withdrawal symptoms and challenges. You lined up your support. You have the medication you will use.

***You are ready. You can do this. Congratulations ... you are about to be tobacco-free!***

## ► Worried about weight gain?

Many people who have recently quit worry about gaining weight. Not everyone gains weight when they quit tobacco. For people who do, the average weight gain is 5–10 pounds. But even if you gain weight, you can lose it after a couple of months.

People gain weight when they quit tobacco because tobacco products burn calories more quickly and cover up the feeling of hunger. When you quit, your body gets back to normal and you feel the hunger that tobacco covered up. Also, your mind can confuse nicotine cravings with hunger, making you want to eat too much.

To keep your weight down after you quit, there are two proven things you can do:  
**be active and eat healthy foods.**



## Simple ways to be active:

- Get moving. Small things add up! Take the stairs. Sweep the floor. Play ball with the kids.
- Take a 15- to 30-minute walk every day, maybe on your lunch hour or right before or after work.
- Get back to a sport you used to enjoy.
- Try a new class such as yoga or dance.
- Exercise at home with a DVD or tape from the library.
- Get a friend to try something new with you—a class at the YMCA, a walk in the woods, biking, hiking, kayaking, skiing, fishing and hunting, or any other activity you may enjoy.
- Volunteer! There are many ways to help your community and meet new people while being active. This could include gardening, building and repairing homes or coaching children.

## Simple ways to eat better:

- Eat six smaller meals and snacks throughout the day.
- Watch the size of your portions. A single serving of meat is three ounces—the size of a deck of cards.
- Drink a glass of water when you want to eat something.
- Stay busy so you are not thinking about food.
- Keep low-fat, low-calorie foods on hand. Get rid of high-calorie snacks—if you do not have them, you cannot eat them!
- Eat less red meat, cheese and processed foods. Replace them with fresh fruits, vegetables and whole grains.
- Brush your teeth after eating—you will be less tempted to eat if your mouth feels fresh and clean.
- If you are inspired, try a cooking class that features healthy recipes!

Try making some changes in your diet and everyday activities before your quit date. Keep to these new healthy habits after you have quit. For easy ways to be active and eat better, visit <https://www.healthvermont.gov/wellness/physical-activity-nutrition>

### ► What to do if you slip:

A *slip* is when you use tobacco after you have quit. It probably will not happen to you, but it happens to some people.

If you have used tobacco, do not give up! You are not the only one who has ever done this, and it does not mean you have failed. Just do not use again and keep moving forward with your plan to quit.

Learn from what happened. How you can prevent it from happening again? Look at your reasons to quit. Review your quit plan. Talk to a friend or counselor. Remember that you *can* quit!

When you quit, you became tobacco-free. Do not use tobacco at all! Using even once can make you more likely to start again.

## ► What to do if you relapse:

If you have gone back to tobacco, do not give up. You can try again, and each time you try, you are more likely to quit for good.

Take some time to think about what happened. Why did you start tobacco again? What was going on when you picked it up? What could you do differently next time?

Look at your quit plan and make changes. Then pick a new quit date and try again. Your friends, health care providers and the Quit Coaches at 802Quits will keep supporting you for as many tries as it takes.

You have learned from your experience, you have a new plan and you are closer than ever to quitting tobacco for good!

# **YOU CAN DO IT!**



## STEP 1

### WHY I WANT TO QUIT

- ▶ Ways my health will improve when I quit:
- ▶ Family and friends I am quitting for:

(CONTINUED ON BACK) •••••▶

## STEP 2

### FOUR DS

Practice the Four Ds to help you get through a craving:

- ▶ **Delay**  
Wait out the urge to use tobacco. It will pass in a few minutes.
- ▶ **Deep breathing**  
Breathe in slowly and as deeply as you can, then breathe out slowly. Repeat this five times.

(CONTINUED ON BACK) •••••▶

## STEP 3

### RESOURCES

- ▶ **1-800-QUIT-NOW**  
[802quits.org](http://802quits.org)

**Wherever you are in your quit journey, help is here for you.**  
***You can quit tobacco!***

## STEP 4

### MILESTONES

▶ **Quit date:**

**I've been tobacco-free for:**

- 1 day
- 3 days
- 1 week
- 1 month
- 3 months
- 6 months
- 1 year

**CONGRATULATIONS!**



.....▶ **STEP 1**

- ▶ **Drink water**  
Sip the water slowly and hold it in your mouth a little while.
- ▶ **Distract**  
Talk to a friend, focus on the task you are doing, get up and move around. Do something that takes your mind off using tobacco for a few minutes.

.....▶ **STEP 2**

- ▶ Amount of money I will save on tobacco each year:
- ▶ What I will do with the money I save:

.....▶ **STEP 3**

- ▶ **What I like best about being tobacco-free:**

.....▶ **STEP 4**

- ▶ Your health insurance plan may cover medicines and/or counseling to help you quit tobacco.
- ▶ Call the number on your insurance card to ask what is included in your plan.
- ▶ [802quits.org](http://802quits.org) has information about medicines, counseling, and insurance.
- ▶ Questions? Email: [tobaccovt@vermont.org](mailto:tobaccovt@vermont.org)

# Create Your Quit Plan

Quitting is tough, but being prepared boosts success.



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**1 MY QUIT DATE IS:**

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**2 MY REASONS TO QUIT ARE:**

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**3 MY TRIGGERS ARE:**

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**4 I'LL FIGHT CRAVINGS BY:**

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**5 I'LL TALK BACK TO  
NEGATIVE THOUGHTS BY:**

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**6 WHAT I LEARNED FROM PAST EXPERIENCE**

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## 7 GET RID OF TOBACCO REMINDERS

Seeing reminders of tobacco makes it harder to stay tobacco-free. Get rid of any reminders in your home, car and workplace before your quit day. The night before quit day, throw away everything that is related to tobacco.

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## 8 QUIT WITH EXTRA HELP

802Quits has lots of tools to make quitting easier. Explore these **FREE** resources and select the ones that interest you. **All include free patches, gum and lozenges.**

### By Phone

Call 1-800-QUIT-NOW for free one-on-one coaching available 24/7.

### In Person

Vermont Quit Partners small group peer support.

### Online

Quit on your own with help from online tools and resources.



### Quit Medications

Using nicotine replacement therapy and medications improves your chances of quitting.

Content adapted with permission from the National Cancer Institute and Smokefree.gov



Use this code for Free Quit Tools to help  
you stay strong



<https://bit.ly/3fqyQyb>



YOU CAN QUIT.  
WE CAN HELP.



VERMONT DEPARTMENT OF HEALTH  
1-800-QUIT-NOW 802quits.org



<https://bit.ly/2ywnzf2>

