



QUIT **YOUR WAY**



PHONE QUIT



GROUP QUIT



WEB QUIT



MORE QUIT TOOLS



1-877-U-CAN-NOW
(1-877-822-6669)
TTY/TDD 1-877-777-6534

tobaccofreeflorida.com/quityourway

QUIT TOBACCO TODAY





QUIT YOUR WAY



PHONE QUIT

Talk to a Quit Coach® to help you get started.



GROUP QUIT

Get the support you need at one of our group quit sessions.



WEB QUIT

Get access to online tools to help you quit.



MORE QUIT TOOLS

But wait, there are more ways to quit! Choose what you need or use them in addition to our Phone, Group and Web services.



FIVE TIPS TO GET STARTED

Tobacco Free Florida's free tools and services can help you quit any type of tobacco, including cigarettes, cigars and smokeless tobacco like chew and dip. Here are a few tips to help you along the way.

1 SET A QUIT DATE

Pick a date about two to four weeks away. Be sure to avoid holidays or other occasions that will be hard for you. Most importantly, don't pick tomorrow as your quit day. There are things you need to do to prepare.

2 GET SUPPORT

Quitting tobacco can be easier with support. Tell friends, family and co-workers about your plan to quit and ask for their support. Also talk with your health care provider, which can increase your chances of quitting tobacco.

3 USE MEDICATION CORRECTLY

Use nicotine replacement therapies (NRT), medication, or other quit therapies to lessen the urge to use tobacco and help you quit. Only use products that have been approved by the U.S. Food and Drug Administration (FDA), which are proven safe and effective.

4 KNOW YOUR TRIGGERS

Identify the triggers that lead to your urges and cravings to use tobacco. Then develop new coping mechanisms like exercise, drinking lots of water and maintaining a healthy diet.

5 DON'T GIVE UP

Even people who quit successfully sometimes have a slip and use tobacco briefly. Don't be ashamed or upset if you get off track. Continue to work toward a healthy, tobacco free life.

CONNECT WITH US ONLINE

For additional support, join our online community on Facebook and follow us on Twitter and Instagram.

 Tobacco Free Florida

 @tobaccofreefla

 @tobaccofreeflorida