

# HOW TO QUIT SMOKING: **FOUR STEPS** TO GET STARTED

Quitting is hard, but you don't have to do it alone. These steps can help you quit for good.

## HERE ARE FOUR STEPS TO GET STARTED



**1**  
STEP



### Set a Quit Date

Pick a day within the next few weeks and mark it. Tell the people closest to you so they can support you when the day comes.

**2**  
STEP



### Talk to Your Doctor

Your health care provider can recommend the best quit method for you and connect you with free tools and support. People who work with a provider are more likely to quit for good.

**3**  
STEP



### Use Quit Aids and Counseling

Nicotine replacement therapy like patches, gum, or lozenges can reduce withdrawal symptoms. These quit aids and free counseling can double your chances of quitting successfully.

**4**  
STEP



### Clear Your Space

Before your quit day, get rid of cigarettes, lighters, matches, and ashtrays. Removing visual reminders of smoking can help reduce cravings.



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