

Checklist Before You Quit

Stock up on quit supplies: carrots, gum, mints, a water bottle, new hobby supplies, etc. Whatever supplies your strategies call for.

If you're using the nicotine patch, nicotine gum, or other medication to quit, arrange to have them before you quit (buy them over-the-counter, or talk to your doctor or insurance company).

Practice your coping strategies. Try them out to make sure they work. Come up with a backup plan in case one doesn't work.

Tell people you're quitting. Get support and have others agree not to smoke inside your house, or around you.

If you smoke 15 cigarettes or more per day, you may want to cut down before you quit.

Throw away ashtrays, lighters, leftover cigarettes, pods, vapes, dip/chew cans, etc.

Clean your car, house, room, etc., to get rid of any tobacco odors.

Review your plan the day before you quit.

Consider how and when you will reward yourself. Mark your calendar.

Remind yourself why you're doing this (your main reason to quit). Get excited!

Still need support? Call us at 1-800-300-8086 or visit www.kickitca.org.