

# Quit Tips



***Half of all adult smokers have quit, so you can too.  
To find out how, try this advice:***

## Smoking, Chewing or Dipping Quit Tips

When you quit, you may experience urges to keep using. These urges only last a little while. Remember, there are things that you can do to help you to cope with the urge to use tobacco. If you are (or have):

- > **GROUCHY, NERVOUS:** Exercise. Take a walk in the sunshine. Walk the dog. Keep busy.
- > **HEADACHES, DIZZINESS:** Take deep breaths. Exercise.
- > **TIRED:** Take naps and get plenty of rest.
- > **DRY MOUTH, SORE THROAT:** Drink cold water or juice. Chew gum.
- > **THE BLUES:** You may get really sad and feel like crying. These feelings will pass. Until they do, call a friend or someone else who understands. You can also call your Quit Coach; they can help.
- > **EATING MORE THAN NORMAL:** When people quit smoking, they need something else to do, so sometimes they eat.
  - Eat regular meals. Don't just eat whatever or whenever you feel like it.
  - Don't eat lots of candy and sweet stuff. Try sugarless gum, fresh fruit, popcorn and vegetable sticks.
  - Drink extra **water**, especially at meals.
  - Keep active — take walks, shoot baskets, ride your bike.

## Take quitting one day at a time, even one minute at a time

- > **NICOTINE REPLACEMENT THERAPY (GUM OR PATCHES) CAN EASE THE URGE TO USE TOBACCO.** Make sure you talk to your doctor about getting medication (gum or patches) that can make it easier to quit.
- > **DON'T SMOKE ANY NUMBER OR ANY KIND OF CIGARETTE.** Quitting can be hard. Smoking even one or two cigarettes can hurt your chances to quit and your health. Try to stop.
- > **SMOKING "LOW-TAR, LOW-NICOTINE" CIGARETTES DOES LITTLE GOOD.** Nicotine is habit forming. If you switch to "low-tar, low-nicotine" brands, you will most likely just puff harder, longer, and more often on each cigarette. The only safe choice is to quit.

## ***There is help to make quitting easier***

**You can more than double your chances of quitting for good by calling QuitlineNC and signing up for quit coaching. QuitlineNC is free of charge and available 24 hours a day, seven days a week.**

***1-800-Quit-Now (1-800-784-8669)  
www.QuitlineNC.com***



State of North Carolina • Department of Health and Human Services  
Division of Public Health • Tobacco Prevention & Control Branch  
[www.tobaccopreventionandcontrol.ncdhhs.gov](http://www.tobaccopreventionandcontrol.ncdhhs.gov)  
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