HOW TO QUIT TOBACCO

EDUCATE YOURSELF
The first step to quitting smoking, vaping and using tobacco is to understand the risks and health effects for you and your family.

- Within 1 year after quitting, your risk of heart disease goes down by half.
- Smoking is the most preventable cause of death in the U.S. It’s linked to about one third of all deaths from heart disease and 90% of lung cancers.
- Smoking damages your circulatory system and increases your risk of multiple diseases.
- Cigarettes, e-cigarettes and tobacco products contain many toxic chemicals, as do their smoke, vapor and liquids.
- Tobacco use and nicotine addiction is a growing crisis for teens and young adults. You can be one of the millions of people who successfully quit every year.
- Vaping and secondhand smoke
- Roughly 40% of U.S. children ages 3-11 are exposed to secondhand smoke.

MAKE A PLAN TO QUIT
You’re more likely to quit tobacco for good if you prepare by creating a plan that fits your lifestyle.

SET a quit date within the next 7 days.

CHOOSE a method: cold turkey or gradually.

DECIDE if you need help from a health care professional, nicotine replacement or medicine.

PREPARE for your quit day by planning how to deal with cravings and urges

QUIT on your quit day.

Learn more at heart.org/lifes8