

10 RULES TO STOP SMOKING



1 Set a Quit Date

Choose a date & commit to it!



2 No More Puffs!

Don't take even one puff!



3 Clear Out Smoking Items

Get rid of cigarettes, lighters & ashtrays.



4 Seek Support

Ask family, friends, or call a helpline.



5 Use Quit Aids

Try NRT, meds, or vaping.



6 Consider Alternatives

Try nicotine pouches or an e-cigarette.



7 Avoid Triggers

Stay away from smokers & smoking areas.



8 Delay & Distract

Urge to smoke? Wait 5 minutes!



9 Ask for Courtesy

Request others not to smoke near you.



10 Keep Trying!

If you slip, try again!

