

# 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!

