



Connecticut Department of Public Health

Fact Sheet

TIPS TO QUIT SMOKING

- Look at quitting as a challenge that will require strength and conviction.
- Pick a quit date and stick to it. On your chosen quit day, throw away all your cigarettes and ashtrays. Remember that the first two (2) weeks will be the hardest.
- Prep yourself a few weeks before your quit date by writing down all of your reasons for wanting to quit. Identify triggers and figure ways to avoid these urges to smoke.
- Call the Connecticut QuitLine, 1-866-END-HABIT, a confidential telephone service that offers many resources, free of charge, for tobacco users who want to quit.
- Join a stop-smoking support group. Call the QuitLine to find a local program in your area.
- Get support from a non-smoker, an ex-smoker, or a friend who wants to quit; if you want a cigarette, call this person for a pep talk instead.
 - ⇒ People have more success in quitting when combining support and quit medications.
- Ask family and friends not to smoke around you.
- Try to avoid people and places that tempt you to smoke.
- Cravings will be the strongest on the first few days. On days 5-10, the cravings plateau, then dwindle after that. This is when you start to feel better. Most urges go away in three (3) to five (5) minutes.
 - ◇ If you want a cigarette, try:
 - ⇒ taking 5 deep breaths
 - ⇒ calling a friend
 - ⇒ taking a walk
- Don't be too hard on yourself. Many people relapse a few times before they quit for good, but that does not mean you won't be successful your first time!

(see next page)

TOBACCO USE PREVENTION & CONTROL PROGRAM

410 Capitol Avenue
M.S. #11HLS
P.O. Box 340308
Hartford, CT 06134-0308

Phone: 860-509-8251
Fax: 860-509-7854
website: www.ct.gov/dph



Keeping Connecticut Healthy



TIPS TO QUIT SMOKING

Remember that quitting may be difficult but is not impossible. Thousands of people quit every year, and you can, too. Only you know why you started smoking, and only you can decide when to quit. If you slip, don't give up. Once you've quit for good, you'll start to breathe easier; you'll cough less, and you'll have more energy for everything in life that you love!

- **If you do slip or relapse:**
 - ⇒ **Don't get discouraged.**
 - ⇒ **Seek out support through your doctor or the QuitLine.**
 - ⇒ **Remember that quitting can be hard—many smokers quit multiple times before giving it up for good.**
- **Change your routines that involved smoking.** For example, if you usually smoke after eating, get up from the table and go for a walk. If you usually smoke with coffee, try tea instead.
- **If you seem to be caught in a cycle of stopping and starting, call your physician who may be able to help with medication.**
- **The moment you quit smoking, your body begins to heal itself:¹**
 - ⇒ **After 24 hours, the chance of heart attack decreases.**
 - ⇒ **After 48 hours, nerve endings start to re-grow and your ability to smell and taste are enhanced.**
 - ⇒ **After one (1) to nine (9) months, there is a decrease in coughing, sinus congestion, fatigue and shortness of breath.**
 - ⇒ **After one (1) year, the excess risk of coronary heart disease is decreased to half that of a smoker's.**
 - ⇒ **After five (5) to fifteen (15) years, stroke risk is reduced to the same level as people who have never smoked.**
 - ⇒ **After fifteen (15) years, coronary heart disease and related death risks are similar to those of people who have never smoked.**

¹ QuitLine, American Slide Chart, 2002



