

What could you be buying instead of cigarettes?



spring break  
road trip  
concert tickets  
text books  
dinner with friends  
new laptop

**\$1800**

**tuition**

Don't blow it away.

The average smoker spends \$1800 a year on cigarettes. Put down your cigarettes and buy a trip to Europe... or a new computer!

Call for FREE help to quit smoking or smokeless tobacco

English 1-800-NO-BUTTS  
Spanish 1-800-45-NO-FUME  
Mandarin & Cantonese 1-800-838-8917  
Vietnamese 1-800-778-8440  
Korean 1-800-556-5564  
Chewing Tobacco 1-800-844-CHEW  
Deaf/Hard of Hearing 1-800-933-4833

Call Today!  
7am - 9pm Monday - Friday  
& 9am - 1pm Saturday

[www.nobutts.org](http://www.nobutts.org)  
[www.tobaccofreeca.org](http://www.tobaccofreeca.org)

*QUIT TIPS:*

*DRINK WATER, HAVE HEALTHY SNACKS  
AVAILABLE, GET ENOUGH REST  
EAT HEALTHY FOODS  
TAKE IT ONE DAY AT A TIME  
CONNECT WITH SUPPORTIVE PEOPLE*

*BREATHE DEEPLY, STAY BUSY  
TALK TO A TOBACCO CESSATION COUNSELOR  
ON THE PHONE OR IN YOUR COMMUNITY,  
CONSIDER USING MEDICATION TO HELP YOU  
QUIT, MAKE A PLAN FOR TRIGGERS*

*CLEAN OUT YOUR CAR OR AREA WHERE YOU  
USED TO USE TOBACCO, KEEP A LIST OF WHY  
YOU QUIT WITH YOU, IF A CRAVING COMES,  
COUNT TO TEN, KEEP YOUR HANDS BUSY,  
MEDITATE, DISTRACT AND DELAY UNTIL IT  
PASSES....*

*NEVER GIVE UP!*

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