



The more you  
**TRY**  
the more likely  
you will **succeed.**

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)

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*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!*