

The more you



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
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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