



Since 1976 communities have celebrated the **Great American Smokeout (GAS)**, an annual one-day event sponsored by the American Cancer Society, to encourage and support individuals in quitting nicotine and tobacco products.

Quitting vape and tobacco products is the **single best decision you can make for your health!** Deciding to quit can feel overwhelming, but if quitting is something you've been thinking about, start with the quit tips and free resources below.



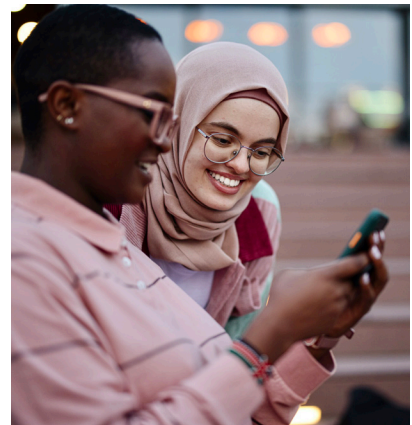
Pick a quit date.

Setting a quit date means you are serious. Circle it on your calendar, put it in your phone, and tell your friends. Do something special to celebrate.



Know your why.

Knowing why you are quitting will help you better manage the urge to vape or use tobacco. Make a list of why you want to quit and read it often.



Build a team.

Quit attempts are more successful with support. Tell a friend or family member that you are quitting and download and use the free quit apps.

Support is available to you. Check out the **free and anonymous resources** below. Quitting is more successful with support, so download all the apps and resources to find what works best for you. If you have a setback, identify the trigger, restart, and try a different resource.



This is Quitting
Text and app.
thisisquitting.com
'ditchvape' to 88709



Kick It California
Helpline and app.
kickitca.org
'stop' to 66819



CYAN Quit Page
Digital quit kits.
Tips and resources.
cyanonline.org/quittobacco