
A young man with dark hair, wearing a grey hoodie, is sitting at a wooden table outdoors. He is smiling and looking down at a notebook he is writing in. The background is a blurred outdoor setting with a railing.

THE
**GREAT
AMERICAN
SMOKEOUT**
11.18.21

QUIT TIP: Pick a Date to Quit.
A quit date means you are serious.
Write it down and tell your friends.

Make This The Year You Quit.




THE
GREAT
AERICAN
SMOKEOUT
11.18.21

QUIT TIP: Know Your Why.

Knowing why you want to quit will help you better manage the urge to vape.

Make This The Year **You Quit.**



THE
GREAT
AERICAN
SMOKEOUT
11.18.21

QUIT TIP: Identify Your Triggers.

Write down each trigger and create a plan to do something different in the situation.

Make This The Year **You Quit.**



THE
GREAT
AERICAN
SMOKEOUT
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QUIT TIP: Build a Support Team.

You are not alone! Tell a friend that you are quitting and download free quit apps.

Make This The Year You Quit.



THE
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QUIT TIP: Grab a Healthy Snack.

Quitting means breaking the hand-mouth fixation and crunchy snacks help with this.

Make This The Year You Quit.