



Quit Tips

Half of all adult smokers have quit, so you can— too. To find out how, try this advice:

Smoking, Chewing, or Dipping Quit Tips

When you quit, you may experience urges to keep using. These urges only last a little while. Remember, there are things that you can do to help you to cope with the urge to use tobacco. If you are (or have):

GROUCHY, NERVOUS: Exercise. Take a walk in the sunshine. Walk the dog. Keep busy.

HEADACHES, DIZZINESS: Take deep breaths. Exercise.

TIRED: Take naps and get plenty of rest.

DRY MOUTH, SORE THROAT: Drink cold water or juice. Chew gum.

THE BLUES: You may get really sad and feel like crying. These feelings will pass. Until they do, call a friend or someone else who understands. You can also call your Quit Coach, they can help.

EATING MORE THAN NORMAL: When people quit smoking, they need something else to do, so sometimes they eat.

- Eat regular meals. Don't just eat whatever or whenever you feel like it.
- Don't eat lots of candy and sweet stuff. Try sugarless gum, fresh fruit, popcorn, and vegetable sticks.
- Drink extra **water**, especially at meals.
- Keep active—take walks, shoot baskets, ride your bike.



Take quitting one day at a time, even one minute at a time

Nicotine Replacement Therapy (gum or patches) can ease the urge to use tobacco.

Make sure you talk to your doctor about getting medication (gum or patches) that can make it easier to quit.

Don't smoke any number or any kind of cigarette.

Quitting can be hard. Smoking even one or two cigarettes can hurt your chances to quit and your health. Try to stop.

Smoking "low-tar, low-nicotine" cigarettes does little good.

Nicotine is habit forming. If you switch to "low-tar, low-nicotine" brands, you will most likely just puff harder, longer, and more often on each cigarette. The only safe choice is to quit.

There is help to make quitting easier

You can also double your chances of quitting for good by calling QuitlineNC and signing up with a Quit Coach. QuitlineNC is free of charge and available 24 hours a day, seven days a week.

Content source: [Office on Smoking and Health, National Center for Chronic Disease Prevention and Health Promotion](#)