

TIPS FOR QUITTING

- **Ask for support.** Tell family, friends, and co-workers that you are quitting tobacco.
- **Rid your space of tobacco products.** Ask a friend or family member to remove all tobacco-related products from your home, car, and other personal spaces.
- **Plan for how to deal with your smoking triggers.** Figure out what they are and what you'll do when you have a craving.
- **Get help.** Consider medication or counseling to help you stay quit.
- **Reward yourself.** Keep track of your days without tobacco, and treat yourself with the money you've saved – at one week, one month, etc.
- **Change your thinking.** Say “I don't smoke” instead of “I can't smoke”.



YOUR RISK FOR COVID-19 AND THE FLU

- Smoking or vaping may put you at a higher risk of getting the flu or COVID-19.
- Smokers/vapers are more likely to get seriously ill if they get one of these viruses.

WHAT ABOUT E-CIGARETTES & VAPING?

- **What are e-cigarettes?** E-cigarettes heat nicotine, flavorings, and other chemicals to create a vapor that is inhaled.
- **Is nicotine harmful?** Nicotine is addictive. It raises blood pressure and heart rate and is bad for your heart.
- **Is vaping safer than smoking?** E-cigarettes are not safe, but may have fewer harmful chemicals than cigarettes. While the long-term health effects are unknown, they have been associated with acute lung injury. We also know that inhaling e-cigarette vapor irritates the lungs the same way cigarette smoke does.
- **Will vaping (e-cigarettes) help me quit smoking cigarettes?** Vaping has not been found to be any better for quitting smoking than approved ways. Vaping keeps people addicted to nicotine. If you vape, you need a plan to quit that, too.