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.