

COMMUNITIES OF COLOR NETWORK

The Louisiana Campaign for Tobacco-Free Living
Louisiana Tobacco Control Program

WANT TO QUIT SMOKING?

GETTING STARTED

When to start and what to do...

1. **Set a date**
2. **Quit all at once**
3. **Gradually reduce how much you smoke per day**

WHY DO YOU WANT TO QUIT?

- Costs too much money
- Don't want to harm the children due to secondhand smoke
- Doctor says, "QUIT"

WHAT PUSHES YOUR BUTTON TO SMOKE?

- Stress at work or home
- Habits — "Gotta have that smoke first thing in the morning"
- Being around friends when they smoke

DO THIS, NOT THAT

Instead of smoking....

- ✓ Go Fishing
- ✓ Drink Water
- ✓ Watch TV
- ✓ Take a Walk

- ✓ Eat Healthy Snacks
- ✓ Listen to Music
- ✓ Learn a new hobby
- ✓ Chew Sugarless Gum
- ✓ Play a Game of Cards



ASK FOR HELP

Let your family and friends know you are trying to quit and ask for their support and encouragement

- Call **1-800-QUIT-NOW**
- LA Smoking Cessation Trust at:
www.smokingcessationtrust.org
- Southern University Agricultural Center at:
www.suagcenter.com

Sources: *Smokefree.gov; American Heart Association*

