YOU CONTROL THE CAN.

The can doesn't control you.

You know you **WANT** to quit.
You know you **CAN** quit.
Now it's time to ***DO IT***.

The Nebraska Tobacco Quitline has your back with a how-to checklist that'll help you get the job done.

- ☐ Set your chew quit date.
- ☐ Switch up your routine a bit to avoid triggers.
- ☐ Put something better for you in your truck and back pocket, like gum or sunflower seeds.
- ☐ Tell your buddies you're quitting and better off for it.
- ☐ Buy something cool for yourself with the money you're saving as a non-chewer.
- ☐ Toss every chew can and spit cup outta your life once your quit date hits.
- ☐ Call the Quitline any time, 24/7, for useful tips.

Tackle your quit today.
You can do this!

1-800-QUIT-NOW
(784-8669)

QuitNow.ne.gov/chew

NEBRASKA TOBACCO QUITLINE

Once you've kicked the habit...

>> Crack a smile more often, your teeth, gums and the ol' ticker are feelin' much happier.

>> Reinvest your energies in hobbies and projects you're proud of.

>> Keep the gum, sunflower seeds, etc. on hand in case the urge to chew resurfaces.

>> Notice how much better beverages and meals taste, just don't increase the intake as a result.

>> Let the kids in your life know they can do anything they put their minds to and use your quit story as an example.