



Quitting Checklist

Quitting tobacco is the smartest change you can make for your health and your heart. It might be the hardest too, but millions have quit already and you can be next.

Check off each one as you do it:

- Call the Nebraska Tobacco Quitline at **1-800-QUIT-NOW (784-8669)** or visit **QuitNow.ne.gov** to receive free help to quit any type of tobacco!
- Set a quit date.
- Notice when you use tobacco (including vapes), why you use tobacco, how often you use tobacco, and where you use it. Try to avoid those triggers.
- Talk with the Quitline about receiving quit medications that can help with cravings.
- Talk to your health care provider about quitting and what medications can help you quit.
- Talk to friends who have quit. Ask them how they did it.
- Make some plans for the money you'll save by not using tobacco products. How much will you save?
- Have low-calorie snacks to munch on when the urge hits—unsalted sunflower seeds in the shell, sugarless mints, carrot sticks, gum, or plain popcorn. Keep toothpicks or cinnamon sticks with you to chew on.
- On your chosen quit date, throw out ash trays, cigarettes, vapes and any smokeless tobacco products, vacuum the car, wash your clothes, air out the house, and enjoy the fresh smell.

After you quit . . .

- ▷ Start a hobby that keeps your hands busy—gardening, knitting, jigsaw puzzles, quilting, or video games.
- ▷ Brush your teeth when you've got a craving for tobacco, in any form.
- ▷ Spend more time in places that do not allow tobacco use (library, church, movies.)
- ▷ Drink a lot of water, fruit, and vegetable juice.
- ▷ Take a walk, ride a bicycle, swim, play ball, or dance to work through your cravings.
- ▷ Munch on low-cal snacks. Chew on a toothpick or cinnamon stick.
- ▷ Several times a day, go outside and breathe deeply. Inhale the fresh air, let it out slowly. Relax.
- ▷ Notice how much better food tastes.
- ▷ Spend some time on your new hobby everyday.
- ▷ Give yourself a gift.
- ▷ Remind yourself: No one starts out as an expert. Allow yourself to be a beginner.

You don't have to quit alone! Connect with the Nebraska Tobacco Quitline:
Call 1-800-QUIT-NOW (784-8669)
1-855-DÉJELO-YA (335-3569)
Visit QuitNow.ne.gov

