

Tips to become and remain smoke and tobacco free

If you quit smoking or stop using other tobacco products, you will improve your overall health and your lifespan may increase by up to 10 years.

How do I quit?

- Talk to your doctor about how to stop smoking, using smokeless tobacco products, or nicotine delivery devices.
- Look for an educational/support program in your county (listed in the right column).
- Ask your doctor about using over-the-counter FDA approved nicotine replacement therapy (NRT) or prescription medications to help you quit. Nicotine delivery devices (e-cigarettes/vapers) are not FDA approved and are not a recommended alternative to smoking or smokeless tobacco.

I have decided to quit. What's next?

- Set your quit date and stick to it! Pick a day that you will easily remember (anniversary, birthday, etc.).
- Invest your tobacco money in nicotine replacement products until you are comfortably tobacco free.
- Throw away all tobacco-related items.
- Plan how you will deal with tempting situations.
- Exercise every day; the chemicals released will make you feel better.

- Practice stress management techniques – slow, deep breathing will calm you. A craving lasts only 10 minutes!
- Eat healthy!

What are the benefits of quitting tobacco?

The benefits of quitting start right away and keep improving the longer you go without smoking or using smokeless tobacco:

- 20 minutes: blood pressure and pulse return to normal
- 2 days: ability to smell and taste begins to improve as damaged nerves start to regrow
- 2-3 weeks: circulation and lung function improves
- 1-9 months: decreased cough, congestion and shortness of breath; less tired
- 1 year: risk of heart attack decreases by half
- 5 years: risk of lung cancer decreases by half; risk of stroke becomes the same as a non-smoker



Smoking/Tobacco cessation programs

Northeast Florida Area Health Education Center (<https://www.northfloridaahec.org>)
1.877.784.8486

Tobacco Free Florida
(<https://www.tobaccofreeflorida.com>)
1.877.U.CAN.NOW (1.877.822.6669)

American Lung Association
(<https://www.lungusa.org>)
1.800.586.4872

American Cancer Society
(<https://www.cancer.org>)
1.800.227.2345