

# Tips to become and remain smoke & 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.
- 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?

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

1.800.227.2345

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

1.800.586.4872