

A photograph of a middle-aged couple embracing warmly in a park setting. The man, wearing an orange polo shirt, has his arms around the woman. The woman, wearing a colorful patterned top, is holding a white coffee cup. In the background, other people are visible walking on a path under a large green umbrella.

Say goodbye to nicotine

Quitting nicotine isn't an easy thing to do.

Whether you smoke, use e-cigarettes or smokeless tobacco stopping smoking can be tough for anyone. But deciding to put it behind you is a good first step. Many people try to quit more than once, and that's ok. Every time you try, you learn more about what works for you and what doesn't.

Rely on friends and family for support

When you're ready to quit, know that you're not alone. Tell people you're trying to quit. And ask them to help you stay on track. Support comes in many forms, so let people know what you need.

- Tell them if you want gentle reminders and encouragement.
- Find a quit buddy to whom you can give and get support.
- Ask people to kindly not smoke around you.
- Talk to your health care provider about whether nicotine replacement might be right for you.



Did you know?

Every year more than
half of smokers
try to quit'

<https://www.hhs.gov/surgeongeneral/reports-and-publications/tobacco/2020-cessation-sgr-infographic-by-the-numbers/index.html>

3 tips to set yourself for success

Now that you've got your support team, try the **ACE Strategy** to help you quit.
That's **Avoid, Cope, Escape**.



Avoid.

Think about what triggers or situations make you want to use tobacco and how you can avoid them.



Cope.

Decide you'll cope with those triggers or situations.



Escape.

Remember why you want to quit in the first place. Give yourself permission to leave if you need to.

Here's an example. You're planning to go to a family get together.
How can ACE strategy help you prepare?

Avoid:

Think about what triggers or situations make you want to use tobacco and how you can avoid them.

Cope:

Keep gum or mints close by to keep your mouth busy. Don't be shy about saying you're having a craving.

Escape:

Take yourself out of the situation if you need to.

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