

DO YOU WANT TO

**Quit
Now?**

Quitting
works best
when
you are
prepared.

HERE'S HOW TO START

S = Set a Quit date

T = Tell family, friends and co-workers that you plan to quit

A = Anticipate and plan for the challenges you'll face while quitting

R = Remove cigarettes and other tobacco products from your home, car and work

T = Talk to your doctor about getting help to quit

1-800-QUIT NOW

Source: *Clearing The Air—Quit Smoking Today*. National Cancer Institute. National Institutes of Health. U.S. Department of Health and Human Services. http://www.smokefree.gov/pubs/clearing_the_air.pdf