

# YOU CAN Quit

Follow  
this 5-Day  
Countdown  
to your  
Quit Date

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## 5 Days BEFORE YOUR QUIT DATE

- Think about your reasons for quitting
- Tell your family & friends that you are planning to quit
- Stop buying cigarettes

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## 4 Days BEFORE YOUR QUIT DATE

- Pay attention to when and why you smoke
- Think of other things to hold in your hand instead of a cigarette
- Think of habits or routines to change

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## 3 Days BEFORE YOUR QUIT DATE

- What will you do with the extra money when you stop buying cigarettes?
- Think of who to reach out to when you'll need help

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## 2 Days BEFORE YOUR QUIT DATE

- Buy the nicotine patch or nicotine gum
- Or see your doctor to get the nicotine inhaler, nasal spray or the non-nicotine pill

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## 1 Day BEFORE YOUR QUIT DATE

- Put away lighters and ashtrays
- Throw away all cigarettes and matches
- Clean your clothes to get rid of the smell of cigarette smoke

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## QUIT DAY

- Keep very busy
  - Remind family and friends that this is your quit day
  - Stay away from alcohol
  - Give yourself a treat or do something special
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# 1-800-QUIT NOW

Source: *You Can Quit Smoking*. Information kit for consumers. March 2003.  
U.S. Public Health Service. <http://www.surgeongeneral.gov/tobacco/conspack.html>