

# Great American Smokeout

Every year, on the third Thursday of November, the American Cancer Society asks tobacco users to make a plan to quit on this day, or plan in advance and then quit smoking that day.

Earlier this year, the Surgeon General's office released *The Health Consequences of Smoking—50 Years of Progress*. The report showed that adult smoking rates have fallen from about 43% in 1965 to about 18% today, but more than 42 million American adults and more than 3.5 million middle and high school students continue to smoke.

## Get help to quit

Quitting tobacco is not easy. Nicotine is as addictive as cocaine or heroin.

- Use a nicotine replacement product, such as a patch, gum, or lozenges. Use as directed.
- Ask your doctor about prescribed medications that can help you quit.
- Take part in a non-tobacco use program and events at work or in your community.
- Use the "Get Help to Quit" resources listed on this page.

## Ready, set, go...

- Set a quit date. The CDC advises doing this within 2 weeks.
- Write down the top reasons you want to quit.
- Tell others so they can encourage you. Ask others not to smoke around you.
- Get rid of tobacco products and related items from your home, car, and workplace. This includes matches, lighters, and ashtrays.
- Avoid drinking while you're quitting cigarettes. Drinking alcohol can trigger cravings for a cigarette.

- When you get the urge to smoke, dip, or chew, take a deep breath through your mouth. Slowly exhale through pursed lips. Repeat 5-10 times.
- Have sugarless gum or mints or drink water.

- Hold a pen, stress ball, or other small object to keep your hands busy.
- Put the money you used to spend on tobacco products in a "ciggy" bank.
- Don't give up if you relapse. Most people try several times before they succeed!



### GET HELP TO QUIT

American Lung Association  
800.LUNG.USA (586.4872)  
[www.lungusa.org/tobacco](http://www.lungusa.org/tobacco)

National Cancer Institute's Smoking Quitline  
877.44U.QUIT (448.7848)  
[www.cancer.gov/cancertopics/smoking](http://www.cancer.gov/cancertopics/smoking)

National Network of Tobacco Cessation Quitlines  
800.QUIT.NOW (784.8669)

Smokefree Women | [www.women.smokefree.gov](http://www.women.smokefree.gov)

U.S. Department of Health & Human Services  
[www.smokefree.gov](http://www.smokefree.gov)