



Nicotine is a powerful addiction. But millions have quit tobacco. You can, too!

See Your Doctor for Medication

Ask your doctor if medications are right for you. There are seven FDA-approved medications to help you quit – including Chantix, Zyban and nicotine replacement therapies, such as the patch, gum, lozenge, inhaler and nasal spray. These medications, combined with the proper coaching, can really help.

Get FREE Coaching and Medication

Call the Wisconsin Tobacco Quit Line at 800-QUIT-NOW (800-784-8669). They'll help you develop a plan that's right for you. They'll send you a free two-week supply of the nicotine gum, patch or lozenge. It's confidential.

Replace Tobacco with Healthier Options

- Keep your hands and mouth busy. Try carrots, straws, pretzel sticks, or gum. Don't skip meals.
- Drink water. It helps during urges. Limit coffee and alcohol—they can increase your urge to smoke.

Change Your Routine

- Exercise. Regular exercise helps. Walk with a friend.
- Get more sleep. Go to bed earlier. Take naps. Read a book before bed instead of lighting up or chewing.
- Take deep breaths. Remind yourself cravings will soon pass.
- Avoid places you connect with smoking/chewing.
- Avoid alcohol.
- Remind yourself why you are quitting.

Reduce Your Stress

- Take a hot bath or shower, get a massage or exercise.
- Take a deep breath. Urges pass.
- Watch a funny movie.

Put Yourself In a Position to Resist Cravings

- Hang out with people who don't use tobacco.
- Ask for support.
- Toss all tobacco products, lighters, containers, etc.

