

Additional Resources



State Quitline

Free phone services for every US state including counseling, quit tips, and nicotine replacement medications if eligible.

- 1-800-QUIT-NOW (784-8669)
- 1-855-DEJELLO-YA (335-3569)

Smokefree.gov

Offers support, advice, and tools to help you quit smoking including:

- Free text line (text QUIT to 47848)
- Free smartphone apps (QuiteGuide, quitSTART)



CDC.gov/quit

Free additional online resources.

QUITTING SMOKING GUIDE



for nicotine



University of
Pittsburgh

NICOTINE REPLACEMENT THERAPY (NRT)

*These types can be bought over the counter. The other ones need prescriptions

*Patch

- Put on clean dry skin without much hair
- Avoid putting on face or below waist
- Rotate patch site every day
- If sleep problems, try removing patch before bedtime

*Lozenges

- Do not chew or swallow
- Allow lozenge to fully dissolve
- No food or drink 15 min before or after

*Gum

- Chew until peppery or tingling feeling. Then park gum between cheek & gum
- Chew again when tingle/taste fades. Park gum when reappears
- No food or drink 15 min before or after

Nasal Spray

- Blow nose before using. Tilt head back & spray once per nostril
- Wait 2 min after before blowing nose

Inhaler

- Inhale through mouthpiece
- Absorbed through mouth & throat
- No food or drink 15 min before or after



QUIT TIPS

Quitting is hard but not impossible! People often try many times before quitting for good.

- Set a quit date
- Tell someone you plan to quit
- List out your reasons for quitting
- Know your triggers and avoid them if possible
- Throw away your tobacco, ash trays, lighters, and other smoking reminders on your quit date



MEDICATIONS

Medications without nicotine that can increase your chances of quitting.

- Varenicline (Chantix): most effective treatment. Safe for almost everyone including those with serious mental health conditions or heart issues.
- Bupropion (Wellbutrin)

Always be sure to talk to your doctor about starting any medications, which medications are best for you, or if you're having any side effects.

