

Still Smoking?

The time to quit is now.





7 Reasons to Quit

1

Live a healthier life.

Smoking causes cancer, heart disease, stroke, type 2 diabetes and other diseases. People who do not smoke live about 10 years longer than people who do.

2

Be free of addiction.

Nicotine is one of the most addictive substances known.

3

Breathe easier.

Get rid of that cough. Quitting smoking can also reduce your risk of respiratory infections and pneumonia.

4

Improve the health of people around you.

Second-hand smoke causes cancer, heart disease and other illnesses. Children exposed to smoke are more likely to have bronchitis, asthma attacks, ear infections, pneumonia and sudden infant death syndrome (SIDS).

5

Save money.

Smoking a pack per day costs about \$5,000 per year. What could you spend the extra cash on?

6

Improve your quality of life.

Your clothes, car and home will smell better. Food will taste better. Look better too – people who quit have healthier skin and teeth.

7

Enjoy better sexual and reproductive health.

Men who smoke can have trouble getting and keeping an erection. Smoking can also reduce fertility in those trying to get pregnant, and smoking during pregnancy can cause babies to be born too small or too soon.



9 Tips to Make It Easier

1 Prepare yourself.

Make a list of your reasons for quitting and read it often.

2 Pick a quit date.

Choose a day that works for you and gives you time to prepare. Get rid of your ashtrays, lighters and cigarettes beforehand. If quitting all at once seems overwhelming, set goals to cut back over time until you can quit completely.

3 Keep your home and car smoke-free.

It is healthier for others and will help you resist smoking.

4 Get support and encouragement.

Tell your family, friends and coworkers that you are quitting and ask for their support.

5**Consider using medications.**

The nicotine patch, gum, lozenge, nasal spray or inhaler, and medications such as Zyban (bupropion) and Chantix (varenicline) greatly reduce cravings and **double your chance of success**. Talk with your health care provider to decide which medications might work best for you.

6**Notice what triggers cravings.**

Alcohol, coffee, stress and being around others who smoke can all trigger cravings. Notice what makes you crave smoking, and make a plan to manage those situations or change your routine.

7**Find a quit buddy.**

Ask a friend or someone else who smokes to quit with you, or find someone who has already quit who you can talk to for support.

8**Help yourself cope.**

Try some physical activity to relieve stress and improve your mood and health – a brisk walk often works. You can also try deep breathing or meditation.

9**Get your mind off smoking.**

Distract yourself with a simple task. Eat a healthy snack, chew gum or drink water. Take a walk around the block. Call a friend.

Keep Trying

It takes most people multiple tries to quit before they succeed. If you start smoking again, you have not failed. You have learned about the triggers that make you smoke and how to cope with them.

The next time you quit will be easier and more productive. It is never too late to try!



Even if you are not ready to quit now, medications can help prevent nicotine withdrawal symptoms and cravings in situations where smoking is not allowed or if you are trying to cut back. Talk with your health care provider.



What about e-cigarettes?

E-cigarettes are not approved by the U.S. Food and Drug Administration (FDA) to help people quit smoking. If you use e-cigarettes and want to quit, talk with your health care provider, or use the resources here. For more information about e-cigarettes, visit [nyc.gov/health](https://www.nyc.gov/health) and search for **e-cigarettes**.



Resources

- Talk with your health care provider about resources and strategies to help you cope with **nicotine withdrawal**. Most health insurance plans, including **Medicaid**, cover services to help you quit.
- Visit **nysmokefree.com**, or call 866-NY-QUITS (866-697-8487) to apply for a free starter kit of nicotine medications and to talk to a quit coach.
- Find no-cost or low-cost quit-smoking and quit-vaping programs near you. Visit **nyc.gov/health** and search for **health map**.
- Get the NYC HelpMeQuit app. This free resource helps you track your progress, connect with other quitters for support and outlast cravings. Download the app for Android or iOS.

Call **311** or visit
nyc.gov/health and search for
NYC Quits for more information.

