## 5 KEYS TO SUCCESS

These 5 Keys can make quitting tobacco easier and more successful.



SET YOUR QUIT DATE.

Pick a day within two weeks of your first Helpline call. Be sure to choose a day when you know you won't be busy, stressed or tempted to smoke.

**HAVE A GOOD** SUPPORT SYSTEM. Find people who'll help and encourage you to quit, like family members, friends or coworkers.



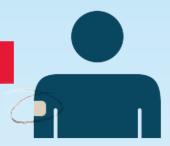


TOBACCO-PROOF YOUR LIFE.

Rid your home, car and work of anything related to tobacco.

## **USE NICOTINE REPLACEMENT THERAPIES.**

NRTs like patches, gum or lozenges can help ease you into quitting.





Practice quitting for short periods of time before your quit date. Mini-quits can help you learn how to cope with urges to smoke.

For FREE help and nonjudgmental support, call 1-800-QUIT NOW or visit OKhelpline.com.



1-855-DÉJELO-YA Spanish 1-877-777-6534 TTY





