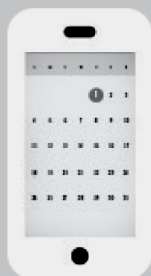


5 KEYS TO SUCCESS

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



1

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.

2

HAVE A GOOD SUPPORT SYSTEM.

Find people who'll help and encourage you to quit, like family members, friends or coworkers.



3

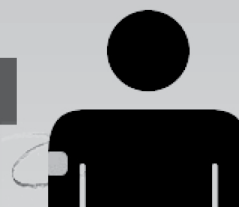
TOBACCO-PROOF YOUR LIFE.

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

4

USE NICOTINE REPLACEMENT THERAPIES.

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



5

PRACTICE WITH MINI-QUITS.

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



Partners:

U.S. Centers
for Disease
Control