

Are You Craving a Cigarette?

More than two-thirds of adults who smoke want to quit, but triggers and cravings can make it hard.

Cravings usually only last for a few minutes. That may feel like a long wait, but you can do it.

Follow these steps when the urge to smoke strikes.



More Strategies to Stay on Track

- ✓ DO remove all cigarettes, lighters, and ashtrays from your home and car so you're not tempted.
- ✗ DON'T reach for e-cigarettes. Although popular, they're not approved by the FDA as a quit smoking aid and may not be safe.
- ✗ DON'T assume going cold turkey is your only option. Tell your health care provider about your plans to quit. He or she may recommend nicotine replacement therapy products or a prescription.
- ✓ DO reach out for support when you need it. Make sure your friends and family know you're quitting. Call **800-QUIT-NOW** for free support and tips from a trained quit coach.