

## Kick the Smoking Habit!



### Stop smoking for the health and well-being of you and your family.

“Smoking along with having high blood pressure could cause me to have a heart attack. I stopped because I want to keep providing for my family. This goal gave me the willpower to quit for good.”

—Don Carlos

“My husband and I quit last month. The smoke from our cigarettes was causing our son to have many colds and asthma attacks. We could not keep making our child sick. Quitting was not easy, but we did it.”

—María Rosales

**Break the habit.** You can stop smoking. The smoke from a cigarette gives off more than 4,000 harmful substances into the air. You put your health and your family’s health at risk when you smoke. Smoking increases your risk of heart attack, lung diseases, stroke, and cancer.

### Tips to quit smoking

1. Pick a day to stop smoking.
2. Keep reminding yourself why you want to quit.
3. Throw away your cigarettes, lighters, and ashtrays.
4. Drink water or suck on ice instead of smoking.
5. Chew sugarless gum or eat a piece of fruit instead of smoking.

6. Get moving. Whenever you have the urge to smoke, take a walk. Soon the urge will pass.

### Make a plan to stay off cigarettes.

At first, avoid places that make you want to smoke. Ask your family and friends not to smoke around you. At parties, try to be around friends who do not smoke. When someone offers you a cigarette, say, “No, thank you. I don’t smoke.” You will soon see yourself as a nonsmoker. Be kind to yourself. If you smoke a cigarette, don’t give up. Remind yourself of the reasons you want to quit. Try again.



### Keep trying!

The nicotine in cigarettes is addictive. Quitting smoking is not easy. If you can’t quit the first time—keep trying. For more help to quit smoking, ask your doctor about nicotine gum or skin patches.

**Stop smoking today! An ounce of prevention is worth a pound of cure.**

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