



American Heart Association®

Hard Hats with Heart™

4 STEPS TO HELP YOU STOP SMOKING & VAPING

1. Set your “Quit Day” and take a No Smoking or Vaping pledge.

Make a commitment in front of people who will support you on your path to quitting. Use the time until your Quit Day to prepare and to gradually cut down on the number of cigarettes you smoke or how much you vape or use other tobacco products.

2. Choose your method for quitting.

Choose a method that will work best for you. You might try one or a combination of these methods:

- “Cold turkey” stop all at once on your Quit Day. This method works best for some people because it doesn’t drag out the process
- Every couple days, cut down the number of cigarettes you smoke or how many times you vape throughout the day. Use a calendar to help set your quit day based on how long it will take you to cut down entirely.

3. Talk with your doctor.

Your doctor can help you decide if you’ll need medicines or other help to successfully quit nicotine products.

4. Plan for your Quit Day and afterward.

It’s important to keep yourself busy while you build new habits. Consider some of these options:

- Have healthy snacks available
- Find enjoyable ways to fill the time when you may be tempted to smoke. You might watch a movie, workout, call a friend, take a walk, enjoy a cup of coffee, or find a new hobby that occupies your hands.
- Get rid of every cigarette, vape, lighter, ashtray, and any other tobacco products in your home, office and car.

REMEMBER: You’re not in this alone.

Many people find support groups and hotlines helpful. Just knowing that someone understands and shares your struggle can help you stay smoke-free for good. Below are some resources that may be helpful.

- English: 1-800-QUIT-NOW (1-800-784-8669) or www.smokefree.gov
- Spanish: 1-855-DEJELO-YA (1-855-335-3569) or espanol.smokefree.gov
- Chinese: 1-800-838-8917 or www.asiansmokersquitline.org
- Korean: 1-800-556-5564 or www.asiansmokersquitline.org
- Vietnamese: 1-800-778-8440 or www.asiansmokersquitline.org
- Veterans: 1-855-QUIT VET (1-855-784-8838) or www.publichealth.va.gov/smoking
- TTY: 1-800-332-8615

