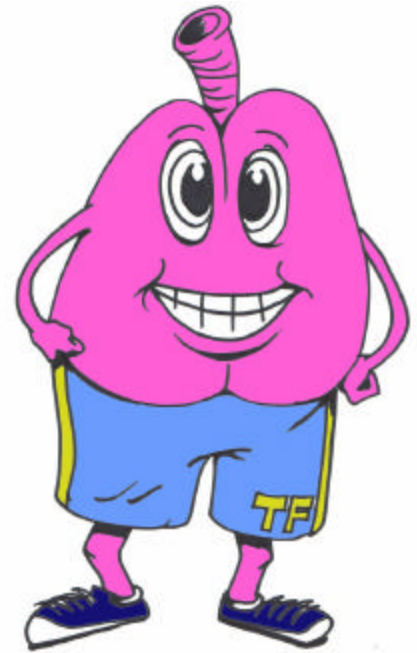


TIPS FOR QUITTING AND STAYING QUIT



1. Plan how you will make it through your quit day.
2. Plan how you will handle withdrawal symptoms.
It will take about a week for your body to get used to not smoking.
3. Remember what makes you want to smoke.
4. Try to stay away from things that make you want to smoke.
5. Remember why you want to quit -- the benefits for you and your baby.
6. Do deep breathing exercises to relax in place of smoking (see handout).
7. Call your STOP SMOKING SUPPORT PERSON for help.
8. **Every day gets a little easier... you can be a NON-SMOKER!**

