

TOBACCO CESSATION

&

TOBACCO USE PREVENTION EDUCATION

Doubles Your Chance of Quitting for Good

Enroll today for one-on-one support from caring, trained professionals. We know it's hard to quit smoking, but you can do it. We have lots of tools to help you!

TELEPHONE COACHING

SELF-HELP MATERIALS

MOBILE APP

TEXT MESSAGING PROGRAM

Hours

Mon thru Fri, 7 am-9 pm and Sat, 9am-5pm

Languages

English, Spanish, Chinese, Korean and Vietnamese

Call Today!

1-800-300-8086

KICK/IT
California

Enroll Online
www.kickitca.org

 @kickitca

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RESOURCES

SMOKEFREE.GOV

LIVE HELP TELEPHONE COUNSELING
AND SMOKEFREE TEXT MESSAGING
PROGRAMS FOR MOMS, VETS, AND TEENS

CDC.GOV/TOBACCO

QUITTING INFORMATION AND DATA

AMERICAN CANCER SOCIETY

QUITTING INFORMATION AND
HELPFUL TIPS 1-800-ACS-2345

TOBACCO FREE CALIFORNIA

QUITTING INFORMATION

CONTACT INFORMATION

FOR QUESTIONS ABOUT YCOE'S TOBACCO
USE PREVENTION AND EDUCATION
PROGRAM. CONTACT ANDREW MARTINEZ
AT ANDREW.MARTINEZ@YCOE.ORG

TOP 10 TIPS TO QUIT SMOKING

FIND A REASON TO QUIT

DO YOU WANT TO BREATHE EASIER? BE AROUND LONGER FOR YOUR FAMILY? SAVE MONEY? WHATEVER GETS YOU FIRED UP, WRITE IT DOWN. A STRONG REASON CAN GET YOU STARTED. AND IT WILL HELP YOU STAY QUIT WHEN YOU'RE TEMPTED TO SMOKE.

MAKE A PLAN

THINK ABOUT WHAT TRIGGERS YOU TO SMOKE. IS IT STRESS? BEING AROUND SMOKERS? ALCOHOL? OR SOMETHING ELSE? PLAN TO GET THROUGH THOSE TIMES WITHOUT SMOKING. KEEP YOUR HANDS BUSY AND YOUR MIND OFF CIGARETTES. EXAMPLES: DRINK WATER, WASH THE DISHES, TALK TO A NONSMOKER.

CALL 1-800-300-8086

PEOPLE WHO CALL KICK IT CALIFORNIA ARE TWICE AS LIKELY TO QUIT FOR GOOD. A TRAINED QUIT COACH WILL HELP YOU MAKE A PERSONAL PLAN AND OFFER SUPPORT ALONG THE WAY. IT'S FREE, AND IT WORKS!

GET SUPPORT

RESEARCH SHOWS THAT SUPPORT WHILE QUITTING CAN REALLY HELP. TALK WITH YOUR FAMILY AND FRIENDS ABOUT YOUR PLAN TO QUIT. LET THEM KNOW WHAT THEY CAN DO TO HELP YOU.

USE QUITTING AID

QUITTING AIDS LIKE NICOTINE PATCHES, GUM, AND OTHER FDA-APPROVED MEDICATIONS ARE HELPFUL. THEY CAN CUT WITHDRAWAL SYMPTOMS AND INCREASE YOUR CHANCE OF QUITTING FOR GOOD. YOUR HEALTH PLAN OR MEDI-CAL BENEFITS MAY COVER THESE PRODUCTS. TALK WITH YOUR DOCTOR ABOUT WHICH QUITTING AIDS ARE RIGHT FOR YOU.

MAKE YOUR HOME & CAR SMOKE-FREE

HAVING SMOKE-FREE AREAS CAN HELP YOU STOP SMOKING. AND YOUR FRIENDS AND FAMILY WILL ENJOY CLEANER AIR AND A LONGER, HAPPIER LIFE - WITH YOU STILL IN IT!

GET A QUIT DATE

CHOOSE A DATE WHEN YOU WILL QUIT. THIS SHOWS YOU'RE SERIOUS. AND YOU'RE MORE LIKELY TO GIVE IT A TRY

QUIT ON YOUR QUIT DATE

SOUNDS OBVIOUS, RIGHT? BUT WHAT GOOD IS A QUIT DATE UNLESS YOU ACTUALLY TRY TO STOP SMOKING? PLANNING IS GOOD, DOING IS EVEN BETTER.

PICTURE BEING A NONSMOKER

AFTER YOU QUIT, YOU HAVE A CHOICE TO MAKE. ARE YOU A SMOKER WHO'S JUST NOT SMOKING FOR NOW? OR ARE YOU A NONSMOKER? FOR NONSMOKERS, SMOKING IS NOT AN OPTION IN ANY SITUATION. CHOOSE TO SEE YOURSELF AS A NONSMOKER.

KEEP TRYING

MOST PEOPLE TRY SEVERAL TIMES BEFORE THEY QUIT FOR GOOD. SLIPS DON'T HAVE TO TURN INTO RELAPSES - BUT IF THEY DO, REMEMBER EACH TIME BRINGS YOU CLOSER TO YOUR GOAL.