**You Can Quit Smoking: Five-Day Countdown**

Follow this five-day countdown to your quit date.

**Five Days Before Your Quit Date**

* Think about your reasons for quitting.
* Tell your friends and family you are planning to quit.
* Stop buying cigarettes.

**Four Days Before Your Quit Date**

* Pay attention to when and why you smoke.
* Think of other things to hold in your hand instead of a cigarette.
* Think of habits or routines to change.

**Three Days Before Your Quit Date**

* Consider—What will you do with the extra money when you stop buying cigarettes?
* Think of who to reach out to when you need help.

**Two Days Before Your Quit Date**

* Buy the nicotine patch, nicotine lozenges or nicotine gum.
* Or, see your doctor to get the nicotine inhaler, nasal spray, or the non-nicotine pill.

**One Day Before Your Quit Date**

* Put away lighters and ashtrays.
* Throw away all cigarettes and matches.
* Clean your clothes to get rid of the smell of cigarette smoke.

**Quit Day**

* Keep very busy.
* Remind family and friends that this is your quit day.
* Stay away from alcohol.
* Give yourself a treat, or do something special.

**Smoke Free**

**Congratulations!!!**

If you slip and smoke, don’t give up. Set a new date to get back on track.

* Call a friend or “quit smoking” support group.
* Eat healthy food and get exercise.

**For More Help**

For help in quitting smoking, call the National Cancer Institute’s Smoking Quit line toll free, **1-877-44U-QUIT.**



This material was developed by Mountain-Pacific Quality Health, the Medicare quality improvement organization for Montana, Wyoming, Alaska, Hawaii and the Pacific Territories of Guam and American Samoa and the Commonwealth of the Northern Mariana Islands, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. Contents presented do not necessarily reflect CMS policy. 11SOW-MPQHF-AS-B1-15-05