**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.**

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