

Need More Help?

Contact:

 **Southwest Nebraska
Public Health Department**

www.swhealth.ne.gov • 308-345-4223

American Cancer Society

www.cancer.org • 1-800-ACS-2345

American Lung Association

www.lung.org/stop-smoking • 800-LUNG-USA

Centers for Disease Control

www.cdc.gov/quitting/tips • 1-800-311-3435

Kill the Can

www.killthecan.org

QuitNet

www.quitnet.com

SmokeFree

www.smokefree.gov

Tobacco Free Nebraska

www.quitnow.ne.gov • 1-800-784-8669



Things to do instead of smoking:

- ◆ Take a walk
- ◆ Talk with a friend
- ◆ Read your favorite book
- ◆ Take a nap
- ◆ Eat a healthy snack
- ◆ Drink some water
- ◆ Take a few deep breaths
- ◆ Play a game
- ◆ Take a shower
- ◆ Take up a hobby



Remember cravings only last 3-5 minutes. The idea is to occupy yourself long enough that the craving will pass. For each day that you don't chew, your cravings will decrease.

**Don't take a Dip -
THE CRAVING WILL PASS!!!**

 **Southwest Nebraska
Public Health Department**

PREVENT • PROMOTE • PROTECT

404 West 10th St
(1 block north of Arby's)

PO Box 1235

McCook, NE 69001

Ph: 308-345-4223 Fax: 308-345-4289

www.swhealth.ne.gov

Prevent. Promote. Protect.

▶ **Quit
Spit Tobacco**



 **Southwest Nebraska
Public Health Department**



5 Keys for Quitting Spit Tobacco

GET READY

- ◆ Set a quit date and stick to it. Don't take a single dip!
- ◆ Think about past quit attempts. What worked for you and what did not?

GET SUPPORT & ENCOURAGEMENT

- ◆ Tell your family, friends and coworkers you are quitting.
- ◆ Talk to your doctor or other health care provider.
- ◆ Get group, individual, or telephone counseling.

LEARN NEW SKILLS AND BEHAVIORS

- ◆ When you first quit, change your daily routine.
- ◆ Reduce stress.
- ◆ Distract yourself from urges to chew.
- ◆ Everyday, do something you enjoy.
- ◆ Drink a lot of water and other fluids.

GET MEDICATION

- ◆ Talk with your healthcare provider about which medication will work best for you:
 - ◆ Nicotine Replacement Therapy: Patches, Lozenges, Gum, Inhalers, & Nasal Spray.
 - ◆ Non-Nicotine Replacement Therapy: Chantix[®] & Zyban[®]

BE PREPARED FOR TOUGH SITUATIONS OR RELAPSE

- ◆ Avoid alcohol.
- ◆ Be careful around others who chew.
- ◆ Improve your mood in ways other than chewing.
- ◆ Eat a healthy diet and stay active.
- ◆ Chew sugarless gum or suck on sugarless lollipops.
- ◆ Snack on raw vegetables
- ◆ Use a relaxation technique such as deep breathing to deal with a stress situation.

When facing a craving or tough situation, remember the 5 D's:

DRINK WATER

Slowly sip clear water– up to 8 glasses a day. The water flushes nicotine out of your body.

DEEP BREATHE

Take 10 slow, deep breaths in through your nose and out ever so slowly through your mouth. Deep breathing will help you feel relaxed and in control.

DO SOMETHING ELSE

Focus on being busy doing something you like besides chewing. The idea is to keep from thinking about chewing at all.

DISCUSS

Talk with a friend or family member about what's happening to you. Tell them how you are feeling. Sharing your thoughts will help a lot.

DELAY

Allow some time. Don't reach for the can right away. Count to 200 and then to 250. Urges to chew pass in about 3 to 5 minutes.

My reasons for quitting

1. _____
2. _____
3. _____

For help quitting, call the Nebraska TOLL-FREE Quitline: **1-800-QUIT-NOW**