

**FIVE KEYS FOR QUITTING CHEW**

**1. GET READY.**



- Set a quit date and stick to it - not even a single dip!
- Think about past quit attempts. What worked and what did not?

**2. GET SUPPORT AND ENCOURAGEMENT.**



- Get help through telephone coaching or other individual or group counseling.
- Telephone coaching is available at no cost by calling **1-800-QUIT-NOW** (800-784-8669).
- Tell family, friends and coworkers you are quitting.
- Talk to your doctor or other health care provider.

**3. LEARN NEW SKILLS AND BEHAVIORS.**



- When you first try to quit, change your routine.
- Reduce stress. Exercise.
- Distract yourself from urges to use spit tobacco.
- Plan something enjoyable to do every day.
- Drink a lot of water and other fluids.
- Use oral substitutes like sunflower seeds, gum, hard candy or cinnamon sticks.

**4. GET MEDICATION AND USE IT CORRECTLY.**



- Talk with your health care provider before your quit date about which medication(s) will work best for you.
- Zyban - available by prescription.
- Nicotine gum - available over-the-counter.
- Nicotine inhaler - available by prescription.
- Nicotine nasal spray - available by prescription.
- Nicotine patch - available over-the-counter.
- Nicotine lozenge - available over-the-counter.

**5. BE PREPARED FOR RELAPSE OR DIFFICULT SITUATIONS.**



- Avoid alcohol.
- Be careful around other tobacco users.
- Improve your mood without using spit tobacco.
- Eat a healthy diet and stay active.
- Be aware of triggers.

Follow-up plan: \_\_\_\_\_  
 Other information: \_\_\_\_\_  
 Referral: \_\_\_\_\_ Date: \_\_\_\_\_

**YOUR QUIT PLAN**

**1. CALL THE QUIT LINE TO SET YOUR QUIT DATE:**

Quit Date: \_\_\_\_\_

**2. WHO CAN HELP YOU:**

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**3. SKILLS AND BEHAVIORS YOU CAN USE:**

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**4. YOUR MEDICATION PLAN:**

Medications: \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_

Instructions: \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**5. HOW WILL YOU PREPARE?**

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_