

# You Can Quit Smoking

## 5-Day Countdown

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### Follow This 5-day Countdown to Your Quit Date

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#### 5 Days Before Your Quit Date

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

#### 4 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.

#### 3 Days Before Your Quit Date

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

#### 2 Days Before Your Quit Date

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

#### 1 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 Quitline.  
Toll-free: 1-877-44U-QUIT.

**U.S. Department of Health and Human Services**

Public Health Service

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<http://www.ahrq.gov/consumer/tobacco/5daybook.htm>