

How Can I Quit Smoking?

Smoking cigarettes tops the list of major risk factors for our number 1 killer, heart disease.

Smoking also harms people who do not smoke but are around those who do. This includes infants and children. If you smoke, you have good reason to worry about its effect on your health and that of your loved ones and others. The American Heart Association recommends 4 steps to help you quit.

Step 1

- List your reasons to quit. Read them several times a day.
- Wrap your cigarette pack with paper and rubber bands. Each time you smoke, write down the time of day, how you feel and how important that cigarette is to you on a scale of 1 to 5.
- Rewrap the pack.

Step 2

- Keep reading your list of reasons. Add to it if you can.
- Don't carry matches. Keep your cigarettes out of easy reach.
- Each day, try to smoke fewer cigarettes. Try not to smoke the ones that are least important.

Step 3

- Continue with Step 2. Set a target date to quit.
- Don't buy a new pack unless you finish the 1 you're smoking.
- Change brands 2 times during the week. Each time, choose a brand lower in tar and nicotine.
- Try to stop for 48 hours at 1 time.



When you quit smoking,
your risk of heart disease
and stroke starts to drop.

How Can I Quit Smoking?

Step 4

- Quit smoking completely. Throw out all cigarettes and matches. Hide lighters and ashtrays.
- Stay busy! Go to the movies, exercise, take long walks or go bike riding.
- Avoid situations and “triggers” that make you think of smoking.
- Find healthy substitutes for smoking. Carry sugarless gum or artificially sweetened mints. Munch carrots or celery sticks. Try doing crafts or other things with your hands.
- Do deep breathing exercises when you get the urge to smoke.

Is it too late to quit?

No matter how much or how long you’ve smoked, when you quit smoking, your risk of heart disease and stroke starts to drop. In time, your risk will be about the same as if you’d never smoked!

Want help quitting?

Call the Washington, D.C., free Quitline: **1-800 QUIT NOW**
(1-800-784-8669) 24 hours a day, 7 days a week.

This is to help you learn about your medical condition. It is not to take the place of your doctor. If you have questions, talk with your doctor. If you think you need to see your doctor because of something you have read in this information, please contact your doctor. Never stop or wait to get medical attention because of something you have read in this material.

If you need this information in English, contact Member Services by calling 202-408-4720 or 1-800-408-7511, 24 hours a day.

Si necesita esta información en español, comuníquese con Servicios al Miembro llamando al 202-408-4720 o 1-800-408-7511, las 24 horas del día.


ይህ መረጃ በአማርኛ የሚያስፈልግዎት ከሆነ፣ የ24 ሰዓት አገልግሎት ወደ ሚስጠው ስልክ ቁጥር 202-408-4720 ወይም 1-800-408-7511 በመደወል የአባል አገልግሎቶችን ያግኙ።

إذا احتجت إلى هذه المعلومات باللغة العربية، يرجى الاتصال بفريق خدمة الأعضاء على الرقم 202-408-4720 أو الرقم 1-800-408-7511، وذلك على مدار الساعة.

Si vous avez besoin de ces renseignements en français, veuillez contacter les Services aux membres en appelant au 202-408-4720 ou au 1-800-408-7511, 24 heures sur 24.

如果您需要用中文獲得此資訊，可每天 24 小時致電 202-408-4720 或 1-800-408-7511，聯絡會員服務部。

Se necessitar estas informações em Português, entre em contato com o Serviços para Associados ligando para 202-408-4720 ou 1-800-408-7511, 24 horas por dia.

 This program is funded in part by the Government of the District of Columbia Department of Health Care Finance.

 GOVERNMENT OF THE DISTRICT OF COLUMBIA
MURIEL BOWSER, MAYOR 

All images are used under license for illustrative purposes only. Any individual depicted is a model.

5400ACDC-1622-06


AmeriHealth Caritas
District of Columbia

www.amerhealthcaritasdc.com