Tips For When You Have Stopped Smoking

1	Make sure you follow up with your health care provider, in person, by phone or email within 2 weeks after you quit. If you relapse call your health care provider right away.
2	Expect some weight gain but think of the health benefits of not smoking.
3	Put the cost of a pack/carton of cigarettes in your savings account. After a month reward yourself with a book, music, manicure or weekend trip.
4	If you relapse, call your healthcare provider or buddy right away to help you get back on track.
5	Call the quitline (1-800-QUIT-NOW) for advice and information.

Adapted from Fiore MC, Jaén CR, Baker TB, et al. *Treating Tobacco Use and Dependence: 2008 Update.* Clinical Practice Guideline. Rockville, MD: U.S. Department of Health and Human Services. Public Health Service. May 2008.

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