

QUITTING TOBACCO IS HARD BUT YOU CAN HELP!

YOU
CAN **QUIT**2

IS YOUR FRIEND, SIGNIFICANT OTHER OR BATTLE BUDDY QUITTING TOBACCO?

It often takes people five or more tries before they quit for good. The good news is you can help by following these tips:

DO'S:

- **Offer support, before, during and after the quit attempt.** Support can take many forms including lending an ear, doing a tobacco free activity together or being available by text when a craving hits. Your support is important and can help them stay on track with their quit.
- **Ask how you can help.** If someone comes to you and tells you they are quitting, take it seriously.
- **Plan or participate in tobacco free activities** with them, especially in the early days/weeks of quitting. Sign up for a race, go to a movie or make a fitness goal together.
- **Offer healthy stress management ideas** as an alternative to tobacco when things get tough. Stress can make quitting tobacco harder — and quitting itself can cause stress. Try doing push-ups together or taking a quick walk outside as a stress reliever.
- **Be positive and encouraging.** Quitting tobacco is a challenging journey. Knowing you're there and cheering them on may make them think twice before picking up a tobacco product.

DON'TS:

- **Don't lecture about tobacco use or a slip up** if it happens. Help them get back on track.
- **Don't ask constantly about how the quit is going or if they've used tobacco lately.** Make yourself available if they need a distraction or to talk.
- **Don't offer them tobacco or ask them to come to the DTUA** if you are a tobacco user yourself. It will make it harder for them to quit. You can also consider quitting together so you can support each other.
- **Don't take mood changes personally.** Quitting can cause withdrawal symptoms, which may include irritability and anger. Even though they may seem grumpy or short, don't tell them it would be better if they continued to use tobacco. These symptoms will go away.
- **Don't forget to celebrate their successes** with them!

Visit ycq2.org's [Help Your Hero Quit](#) for more information and resources on helping someone, such as a family member or [friend](#), quit tobacco.

Learn more at ycq2.org

Contact Us: dha.ncr.comm.mbx.u-can-quit-2-quit-tobacco@mail.mil



KEEP YOUR HEALTH IN CHECK:

LIVE A TOBACCO-FREE LIFE

YOU CAN QUIT²

As a Service member, you're most likely healthy and physically fit. Why not keep it that way by living a tobacco free life?

USE THIS CHECKLIST AS A GUIDE TO KEEP YOUR HEALTH IN CHECK!

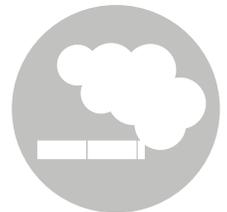
Stop Social Smoking

- Smoking even one cigarette or hookah can cause addiction and harm your health.
- Smoking e-cigarettes and JUULs may also cause addiction because they can contain harmful chemicals and nicotine.
- You are still at risk for addiction even if you:
 - Only smoke when you drink alcohol;
 - Only smoke when TAD/TDY or deployed;
 - Smoke just a few cigarettes a week; OR
 - Only smoke with friends.



Avoid Secondhand Smoke

- Secondhand smoke occurs when a smoker breathes out smoke and others breathe it in. This includes smoke from cigarettes, pipes, hookah or cigars.
- Inhaling secondhand smoke, even for just a short time, can cause you to develop breathing problems. Think twice before you follow your buddy to the DTUA.



Visit Your Dentist

- Using cigarettes or any form of smokeless tobacco can increase your risk of developing oral health problems such as gum disease and oral cancer. Did you know that gum disease can keep you from deploying?
- During your next dental exam, let your dentist know if you have red or swollen gums, sensitive teeth or if it is painful to chew or swallow. These are all symptoms of gum disease or oral cancer.



Talk To Your Provider

- Tobacco users may feel healthy, but a provider can help you identify if there are other health concerns you need to address. Talk to your provider about any health concerns you may have.
- Early detection could save your life. Talk to your provider about screenings you may need as a current or former tobacco user.



Learn more at ycq2.org

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