



## Smoking & Tobacco Use

# How to Quit

### You Can Quit Smoking: Here's How

Quitting smoking is one of the most important steps you can take to improve your health. This is true no matter how old you are or how long you have smoked.

Many people who smoke become addicted to nicotine, a drug that is found naturally in tobacco. This can make it hard to quit smoking. But the good news is there are proven treatments that can help you quit.



Download and print the infographic "You Can Quit Smoking: Here's How"

PDF - 1 MB

### Counseling



- Can help you [make a plan](#) to quit smoking.
- Can help you prepare to cope with stress, urges to smoke, and other issues you may face when trying to quit.

#### YOU CAN:

Talk to a quit smoking counselor individually or in a group.

Get [free confidential coaching](#) through a telephone quitline (1-800-QUIT-NOW).

Use free online resources like [CDC.gov/quit](https://www.cdc.gov/quit) and [Smokefree.gov](https://www.smokefree.gov) [↗](#).

Sign up for free texting programs like [SmokefreeTXT](#) [↗](#).

Use a mobile app like [quitSTART](#).

## Medications



- Can help you manage [withdrawal symptoms](#) and cravings, which helps you stay confident and motivated to quit.

### YOU CAN:

#### Use [Nicotine Replacement Therapy \(NRT\)](#)

- over-the-counter forms: [patch](#), [gum](#), [lozenge](#)
- prescription forms: [inhaler](#), [nasal spray](#)

#### Talk to your Healthcare Provider About Using a Pill Prescription Medication

- [varenicline](#)
- [bupropion](#)

#### Combine Medications

- Use a [long-acting form of NRT \(nicotine patch\)](#) together with a [short-acting form \(such as nicotine gum or lozenge\)](#). Compared to using one form of NRT, this combination can further increase your chances of quitting.



## Counseling

PLUS

## Medications



Using counseling and medication *together* gives you the best chance of quitting for good.

Many of these treatments and resources may be available to you [free of charge](#) or may be [covered by your insurance](#).

### Get Help Quitting Today

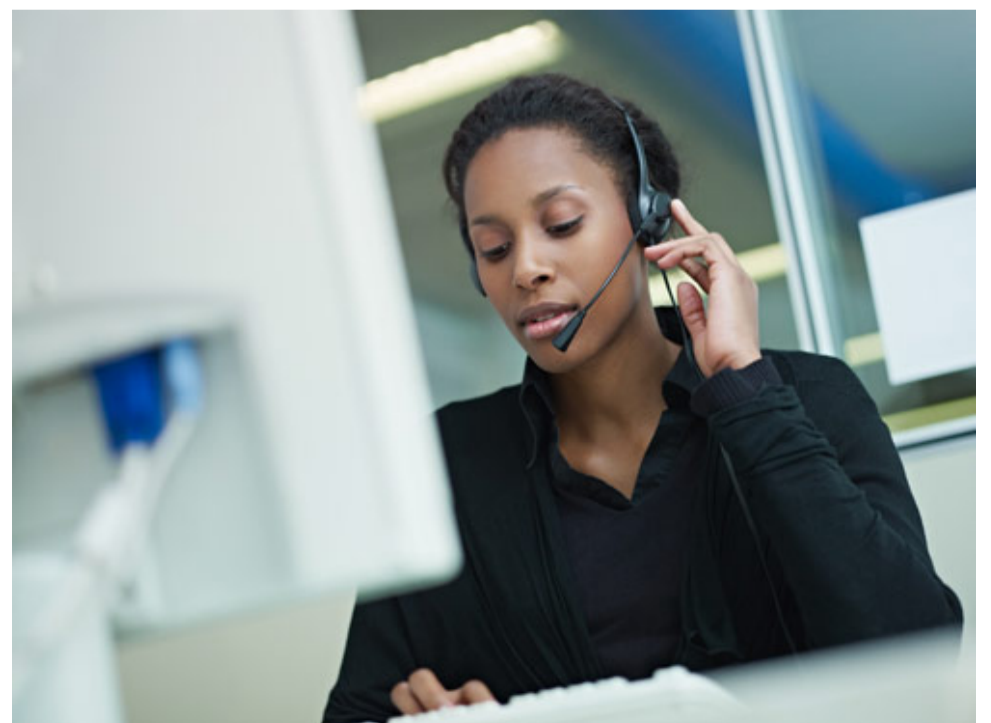
If you are ready to quit:

- Call a [quitline coach \(1-800-QUIT-NOW\)](#) or
- Talk to a healthcare professional.

They can help you decide what treatment is best for you and can connect you to [quit smoking programs and resources](#).

Remember, even if you've tried before, the key to success is to keep trying and not give up. After all, more than half of U.S. adults who smoked have quit.

For information about quitting smoking, visit [CDC.gov/quit](https://www.cdc.gov/quit).



Page last reviewed: June 17, 2021, 12:00 AM