

# Tips to Quit Tobacco – Q&A

- **Q: What ideas do you have for getting back on track after a slip?**

- A: Avoiding a slip is best. But if you do slip, it's important to respond to it carefully so you don't start smoking regularly again. Here are some ideas that may help you get back on track:

- Try to figure out why you slipped, and make a plan for what to do the next time that happens.
- Don't think of a slip as a sign of failure. Many people who have quit have a few slips at some point. Don't give up on your quit goal.
- Get support right away from a person or support group you trust.
- Make it hard to smoke. Avoid places where you can easily ask someone for a cigarette. Don't buy a pack.
- If you are tempted to smoke again, make yourself wait 2 hours. Then decide if you really need the cigarette.
- Look at your list of reasons for quitting, and remember why you wanted to quit in the first place.
- Think about past situations when you were strong and resisted temptation.
- Consider using other resources to help you quit, such as taking medicines.
- If you are taking medicine or using nicotine replacement, keep doing so unless you go back to regular smoking. It can help you get back on track.

- **Q: What other resources are there for quitting tobacco?**

- A: If you visit the PEBTF website, [pebtf.org](http://pebtf.org), and click on the Get Healthy logo you'll see a link to tobacco cessation resources you might consider using.

- **Q: How do I talk to my kids about them not using tobacco?**

- A: In my research for this presentation, I found that the website for the American Lung Association has some key points on this topic that you might find helpful. On the site, they talk about being direct and repetitive with your message to your kids about not using tobacco. They also talk about practicing with your kids ways for them to refuse a cigarette, which I think is a great idea.