

## New York State Smokers' Quitline

1 - 8 6 6 - N Y - Q U I T S

(1-866-697-8487) [www.nysmokefree.com](http://www.nysmokefree.com)

Deaf, Hard of Hearing & Speech Disabled:  
Call NY Relay Service 7-1-1 (Voice or TTY)  
Request NYS Quitline: **1-866-697-8487**

## HOW TO STOP:

# CHEW OR SNUFF TOBACCO USE



### Tips to Stop Using Smokeless Tobacco...

- ▶ Think of reasons why you want to quit such as:
  - You don't want to get cancer
  - People around you find it offensive
  - You don't like having bad breath after chewing or dipping
  - You don't want stained teeth or you don't want to loose your teeth
  - You don't like being addicted to nicotine
  - You want to start leading a healthier life
- ▶ Pick a quit date and throw out all of your chewing tobacco and snuff
  - Tell yourself everyday that you are going to stop. Say it out loud.
- ▶ Ask friends, family, teachers and/or coaches to help you kick the habit by giving you support and encouragement.
  - Ask friends not to offer you chew or snuff
  - Ask a friend to stop with you
- ▶ Ask your doctor or dentist about using nicotine chewing gum to help you quit.
- ▶ Find something other than chew when you have a craving such as:
  - Sugarless Gum
  - Pumpkin or Sunflower Seeds
  - Apple slices
  - Raisins
  - Dried Fruit
  - Etc.
- ▶ Find activities to keep your mind off of chew or snuff such as:
  - Ride a bike
  - Take a walk
  - Write a letter or send an email to a friend
  - Work on a hobby
  - Listen to music
  - Exercise
- ▶ Remember that everyone is different. Develop a plan that works best for YOU.
  - Set realistic goals and achieve them
- ▶ Reward yourself
  - Use the money you save by not using chew or other tobacco products and buy something nice for yourself.



***If you need help to stop using smokeless tobacco, call us. Remember, you can do this.***  
***Good Luck!***