

Quitting Smokeless Tobacco

Before you quit —

- Change to a brand you do not like
- Postpone your first chew of the day by one hour for a few days, then by two hours, then by three hours, etc.
- Set a date for quitting

When you quit —

- Get rid of all your tobacco
- Tell everyone you know that you are quitting
- Have sugarless gum available for when you have the urge to chew
- Save the money you would have spent on tobacco and treat yourself to something you would not usually purchase

When you have the urge to use tobacco, do one of these activities instead—

- Take a walk or exercise with a friend
- Drink a glass of water

If you feel you need more assistance with quitting —

- Talk to your dental professional or physician
- Call the American Cancer Society at 1-800-227-2345
- Call the American Lung Association of Illinois at 1-800-LUNG-USA (1-800-586-4872)

After you quit —

- Do not worry if you are more sleepy or irritable than usual; these symptoms should go away.
- When you are in a tense situation, try to keep busy. Tell yourself that chewing will not solve the problem.
- Do not give up. **You are worth it!**

For more information, contact

Illinois Department of Public Health, Division of Oral Health
535 W. Jefferson St., Springfield, IL 62761
217-785-4899, TTY (hearing impaired use only) 800-547-0466

NOTE: This fact sheet was derived from one previously published by the Arizona Department of Health Services.