



HELP SOMEONE YOU LOVE QUIT TOBACCO

Your support goes a long way in helping someone quit tobacco. Here are some ways you can help keep your loved ones on track as they try to beat their addiction.

✓ DO'S

Offer support –
Ask questions and listen

Plan tobacco free
outings

Be patient and positive

Make a plan of how you can help

Know quitting is hard

Celebrate every attempt to quit

✗ DON'TS

Nag or preach –
Making them feel bad won't help

Smoke around them

Be hard on them if they slip

Give advice

Offer them tobacco,
even as a joke

Doubt them –
they can quit with your help!

Your loved one may be eligible for free Nicotine Replacement Therapy through Quitline Iowa.

VISIT QUITLINEIOWA.ORG OR CALL 1-800-QUIT-NOW FOR MORE INFORMATION.



QUITLINE IOWA

1 800 QUIT NOW | 1 800 784 8669