

OKLAHOMA TOBACCO HELPLINE

Patient Name _____ Date _____

Prescription Quit using tobacco.

Notes

*Call the Oklahoma Tobacco Helpline (toll-free)
at 1-800-QUITNOW (1-800-784-8669) for free
cessation assistance.*

Physician Signature

keys to quit

Six keys to help you quit using tobacco products.

1

**Call the (toll-free)
Oklahoma Tobacco
Helpline 1.866.748.2436**

Get free self-help information, and telephone counseling sessions.

2

**Get Support and
Encouragement**

Tell your family, friends and co-workers that you are quitting.

3

Get Ready

Set a quit date and stick to it. Think about past attempts — what worked, what didn't?

4

**Learn New Skills
and Behaviors**

Change your routine; reduce stress; plan something enjoyable each day; drink a lot of water and other fluids.

5

**Get Medication
and Use It Correctly**

Talk with your health care provider about Zyban or nicotine replacement gum, inhaler, lozenge, nasal spray or patch.

6

**Be Prepared for Relapse
or Difficult Situations**

Avoid alcohol, eat healthy, and stay active.



Oklahoma Tobacco Helpline

1

800

QUIT

NOW

1 800 784 8669

Spanish 1 800 793 1552

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When you're ready to quit, we're ready to help.