

# QUITTING SMOKELESS TOBACCO



DID YOU KNOW THAT SMOKELESS (CHEWING) TOBACCO AFFECTS ORAL HEALTH? USING SMOKELESS TOBACCO INCREASES YOUR CHANCES OF GETTING ORAL CANCER



## START QUITTING

- 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 THREE HOURS
- SET A DATE FOR QUITTING

## QUIT

- GET RID OF ALL TOBACCO
- TELL EVERYONE YOU KNOW THAT YOU ARE QUITTING
- HAVE SUGARLESS GUM AVAILABLE WHEN YOU HAVE THE URGE TO CHEW
- SAVE THE MONEY YOU WOULD HAVE SPENT ON TOBACCO AND TREAT YOURSELF TO SOMETHING THAT YOU WOULD NOT NORMALLY PURCHASE



FOR HELP WITH QUITTING

1-800-QUIT-NOW



The SET-FREE (South-East Tobacco FREE) is supported by the Health Promotion Council and funded through a grant from the Pennsylvania Department of Health  
Tom Corbett, Governor

