

# Ready to uit?

There are different ways to quit smoking. The best strategy is to choose a method that will challenge you to quit, but also one that you can achieve.

**The following list gives a description of some common methods used for quitting:**

**1. Cold turkey.** “Cold turkey” means stopping smoking at once. It is a method where you quit without changing how much you use tobacco and you do not use any cessation medication.

**2. Tapering.** Tapering involves smoking fewer times each day. Some people find it helpful to taper or cut down on their tobacco use before quitting.

**3. Scheduled reduced smoking.** Scheduled reduced smoking means smoking only at certain times of the day. For instance, a cigarette is to be smoked within the first five minutes of each scheduled time. Over a few days, the scheduled times become further and further apart, so that the time between cigarettes gets longer.

**4. Quit smoking programs and support groups.**

Stop smoking programs are designed to help smokers recognize and cope with problems that come up during quitting. This helps the ex-smoker avoid common pitfalls of quitting. The programs should also provide support and encouragement in staying quit. Harnett County Health Dept offers the Freshstart Smoking Cessation Program.

**5. Telephone-based quit lines.** Quit lines are telephone based tobacco cessation programs. Most quit lines are free and provide callers with information and services such as personalized telephone counseling, referrals to local programs, and educational materials. North Carolina’s quitline is 800-QUIT-NOW.

**6. Nicotine replacement therapy.** Nicotine gum, patches, inhalers, and lozenges are nicotine replacement therapies (called NRT). Replacement therapy works by giving you nicotine without you having to smoke. This therapy works best when combined with behavioral therapy and lots of support from friends and family.



**For additional information on quit methods:**

NC Quitline, [www.quitlinenc.com](http://www.quitlinenc.com). 800-QUIT-NOW  
Harnett County Health Dept, [www.harnett.org](http://www.harnett.org), 910-893-7550  
American Cancer Society, [www.cancer.org](http://www.cancer.org)  
American Lung Association, [www.lungusa.org](http://www.lungusa.org)



Harnett County Department of  
Public Health