

What do I do if I want to quit using tobacco, nicotine, and vaping (e-cigarette) products?



How to get help

If you or a family member is struggling with quitting tobacco you may want to speak with a therapist or a doctor if you have trouble. If your friend is smoking you may ask them politely not to smoke around you while you are quitting. If someone asks you if you want to smoke, say no thank you.

Teens

- Visit teen.smokefree.gov

Adults

- Call 1-800-QUIT-NOW (1-800-784-8669), a national toll-free number that can help people get the information they need to quit smoking.
- Visit SmokeFree.gov

Common Names for Tobacco Products:

Cigarettes/Cigars: Butts, Cancer sticks, Ciggys, Cigs, Coffin nails, Smokes, Stogies, Stokes

Cigar hollowed out with marijuana added: Blunt

Vaping: Cig-A-Like, E-Hookah, E-Juice, JUULing, vape pens, mods