

**87% of UF students
do not smoke cigarettes.**

Become a member of the Tobacco-Free Nation!

Thinking about quitting?

Consider this:

- ▶ Less than 5% of persons who try to quit smoking are successful doing it on their own.
- ▶ You will more than double your chances of success by using medication or nicotine replacement therapy AND working with a quit coach.
- ▶ There have never been more effective ways to quit! You can get help in person, by phone or on-line. Do whatever works best for you.

How do you succeed?

- ▶ Create a plan
- ▶ Use medication
- ▶ Work with a quit coach

Where do you begin?

Begin by filling out the back of this card!

Tobacco-Free@ufl.edu
392-1161 ext. 4281



Yes! It's time for me to become a member of the Tobacco-Free Nation.

▶ **I will quit using tobacco:** (check all that apply)

- in the next 30 days
- by the end of this semester
- in the next 6 months
- by the time I graduate _____(month/year)

▶ **I will seriously consider:** (check all that apply)

- using medications/patches
- working with a quit coach
- using an online self-help program
- other: _____

▶ My quit date is: _____

▶ One person who will support me unconditionally:

Quit Smoking Resources

- ▶ Medications: Student Health Care Center,
shcc.ufl.edu, 392-1161
- ▶ In-person coaching: GatorWell, 392-1161 ext. 4281
- ▶ Phone coaching: Florida Quitline
877-822-6669, floridashealth.com
- ▶ Online self-help: BecomeAnEX.org

When you're ready, we can help!

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