

A focus on **Smoking** Helping **friends** and **family** quit

The most important thing you can do to help your friends or family members is to provide ongoing support and understanding. Here are some additional useful tips:

- **Set a QUIT DAY with the smoker.** Follow up and be encouraging. Show that you have faith that the smoker will quit for good. Nagging never helped anyone quit smoking.
- **Create a Smokeless Emergency Kit.** Fill a small bag or box with “smoking substitutes,” such as sugarless mints and gum, and toothpicks. Also, include an elastic band, so smokers can zap themselves every time they get a cigarette urge.
- **Plan a birthday party for smokers** to celebrate the birth of a smoke-free life.
- **Assist your friend to create a smoke-free environment in their home and workplace.** Help them shampoo their rugs, take their clothes to the cleaners, and throw away the ashtrays.
- **Keep the smoker busy with activities** such as taking long walks, or going to the movies, museums, art galleries, or other places where smoking is not allowed.
- **Mark their smoke-free anniversary date in your calendar,** and remind them each month how long it's been since they've had a cigarette.
- **Continue to offer support and encouragement.**

Give your friend or family member a good reason to stop smoking.

- The first direct medical evidence that secondhand smoke damages the lungs of nonsmokers was provided in October of 1992 in the Journal of the American Medical Association.
- In January 1994, the US Environmental Protection Agency took the issue further. It determined that environmental tobacco smoke is a “Class A” Carcinogen, which puts secondhand smoke in the same cancer-causing category as asbestos and benzene.



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