



QUITTING SMOKELESS TOBACCO

Before you quit:

- Change to a brand you do not like or one with less nicotine.
- Postpone your first chew of the day by one hour for a few days, then by two hours, then by three hours, etc.¹
- Set a date for quitting.¹

When you quit:

- Get rid of all your tobacco.^{1,2}
- Build a support team by telling everyone you know that you are quitting.¹
- Have sugarless gum available for when you have the urge to chew.^{1,2}
- Save the money you would have spent on tobacco and treat yourself to something you would not usually purchase.²

When you have the urge to use tobacco, do one of these activities instead:

- Take a walk or exercise with a friend.²
- Drink a glass of water.

If you need more assistance with quitting:

- Talk to your dental professional or physician.
- Call the American Cancer Society at 1-800-227-2345.
- Call the Delaware Quitline at 1-866-409-1858.

After you quit:

- Do not worry if you are more sleepy or irritable than usual, as these symptoms should go away.
- When you are in a tense situation, try to keep busy. Tell yourself that chewing will not solve the problem.
- Do not give up. You are worth it!

For more information, contact the Division of Public Health, Bureau of Oral Health and Dental Services, at 302-744-4554 and www.dhss.delaware.gov/dhss/dph/hsm/ohphome.html.

24/7 Emergency Contact Number: 1-888-295-5156

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Resources

1. American Cancer Society. February 20, 2014. *Dealing with Smokeless Tobacco Withdrawal*. In American Cancer Society. Retrieved February 12, 2015 from:
<http://www.cancer.org/cancer/cancercauses/tobaccocancer/smokelesstobaccoandhowtoquit/guide-to-quitting-smokeless-tobacco-setting-a-quit-date>
2. American Cancer Society. February 20, 2014. *Dealing with Smokeless Tobacco Withdrawal*. In American Cancer Society. Retrieved February 12, 2015 from:
<http://www.cancer.org/cancer/cancercauses/tobaccocancer/smokelesstobaccoandhowtoquit/guide-to-quitting-smokeless-tobacco-dealing-with-withdrawal>