



Let's
do this



Quit Smoking



easy
read

Introduction



This information is from the NHS.



It will tell you about:

- Why you should try to quit smoking.



- Ways to quit smoking.



- Tips to quit smoking.

Why you should quit smoking

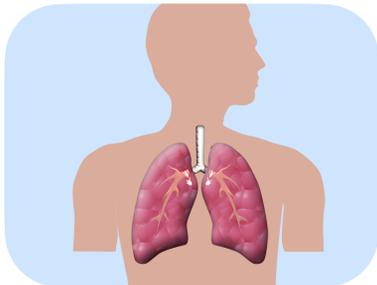


Quitting smoking is one of the best things you can do for your health.

It is never too late to quit smoking.

What happens when you quit smoking?

Your body will start healing the day you quit smoking.



Quitting smoking helps you:

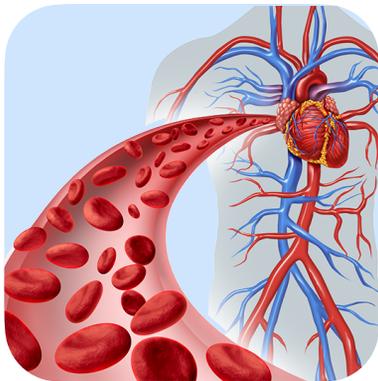
- With your breathing and your lungs.
- To be happier and in a better mood.
- To save money.





Did you know?

After 2 days of not smoking, a harmful gas called carbon monoxide will have left your blood.



After 12 weeks of not smoking, blood will be pumping through to your heart and muscles much better.



After 9 months of not smoking, your lungs will be working better and you'll be breathing easier.



In future years, you'll be less likely to get ill.

Ways to quit smoking



With the right help, you will find it much easier to quit smoking.



You can try quitting smoking on your own but most people find it very hard.



There are lots of different ways to help you stop smoking.

You can use more than one of these ways.

Stop smoking aids



Stop smoking aids can help you to not smoke when you feel you really want to.



Stop smoking aids are things like:

- E-cigarettes, also called vapes.



- Nicotine gum.



- Nicotine patches.



You can speak to your doctor, nurse or **pharmacist** about which would be best for you.

A **pharmacist** is someone who makes or sells medicine, and is also called a chemist.

Face-to-face support



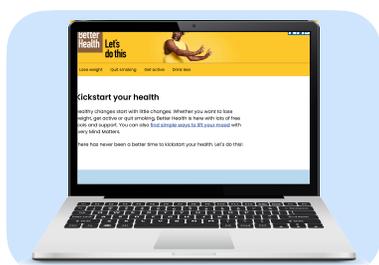
You can get face-to-face support to help you stop smoking for good.



Stop Smoking Services, GPs and pharmacy teams will give you free support and advice.



You can speak to them to find out how they can help.



You can find your local service on the Better Health website:

www.nhs.uk/better-health/quit-smoking

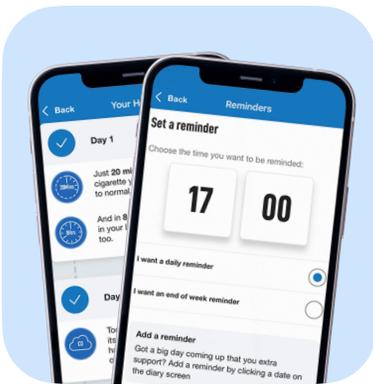
NHS Quit Smoking App



An **app** is a computer programme for your phone, tablet or computer.



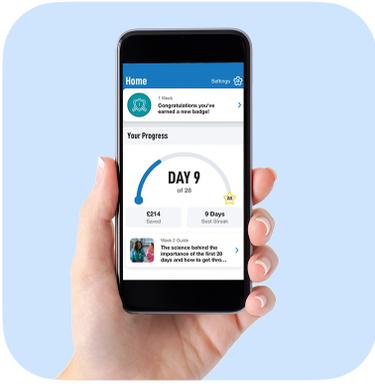
You can get the free NHS Quit Smoking app.



The app helps you to:

- Get daily tips and support about how to quit smoking.
- Keep away from the things that make you want to smoke.





- Keep a record of how well you are doing.

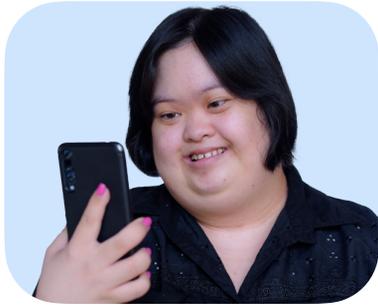


- See how much money you are saving.



- Choose a Quit Buddy so you can quit smoking together.

Get extra support



You can get extra help to quit smoking if you need it.



This includes:

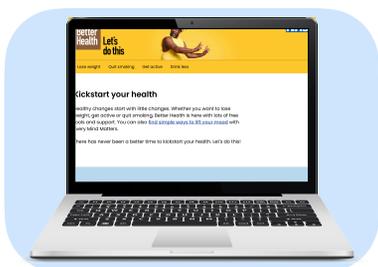
- A daily email with support.



- A group on Facebook with other people who are trying to quit smoking.



- The Smokefree Helpline:
0300 123 1044



You can find more information about these on the Better Health website:

www.nhs.uk/better-health/quit-smoking

Tips to quit smoking



There are lots of tips to help you quit smoking.

Some easy ones are:

- Making a list of reasons why you want to quit smoking.



- Using stop smoking aids, like **nicotine** gum or electronic cigarettes, also called vapes.

Nicotine is the thing in cigarettes that makes you want to smoke them.



- Stay away from things that make you want to smoke.



- Throw away any cigarettes you have.



You can find more tips on the Better Health website:

www.nhs.uk/better-health/quit-smoking



Better Health provides lots of free tools and support to help you make healthy changes.



As well as helping you quit smoking, you can also get help to:

- Lose weight.



- Get active.



- Feel less stressed.



Find out more on the Better Health website:

www.nhs.uk/better-health

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