

TIPS TO HELP YOU **REDUCE OR QUIT** SMOKING WHILE PHYSICAL DISTANCING

MANAGING WITHDRAWAL SYMPTOMS AND CRAVINGS

It is normal to experience withdrawal symptoms and cravings while reducing or quitting smoking. **Symptoms may include** headache, dizziness, slight confusion, feeling anxious or fidgety, difficulty concentrating or changes in your mood.

IF YOU FEEL THE URGE TO SMOKE, **THINK OF THE 4DS:**

-  **DELAY** | Wait it out - cravings usually pass within 3-5 minutes, so try to delay smoking.
-  **DRINK WATER** | This will help to flush out the chemicals and toxins from your system.
-  **DISTRACT** | Occupy yourself with a task to keep your mind off smoking. You know that project that you always wanted to get done but never got around to it? Now that you are home, every time you feel an urge to smoke, spend 5 to 10 mins working on that project.
-  **DEEP BREATHS** | Breathing deeply will help you relax and make your cravings go away. Inhale deeply so that your lungs and stomach are expanded as much as possible. Hold it for a couple of seconds and then release slowly. Repeat.

NICOTINE REPLACEMENT THERAPY (NRT) **WILL HELP WITH WITHDRAWAL SYMPTOMS AND CRAVINGS:**



To help with cravings, be sure to **use your NRT every day.**



Wear your patch every day to help stabilize your blood nicotine levels and prevent cravings



Use short-acting NRT (gum, lozenge, inhaler, or spray) to control cravings when they hit. This should be used in combination with your patch.



If your cravings are unmanageable, consider **increasing the amount of NRT you are using.** If you are unsure of the amount of NRT you should be using, contact your primary healthcare provider or your pharmacist.

GETTING NRT:



Call your healthcare provider or your pharmacist to discuss your options. Your healthcare provider and your pharmacist are considered essential services and remain available to patients during the pandemic. They will do consultations over the phone.

If you live in Ontario, you can also call Telehealth Ontario at **1-866-797-0000**. It is a **free and confidential** health advice service, available to you 24/7.

IT'S YOUR TIME! MAKING CHANGES TO YOUR SMOKING CAN BE HARD. IT IS POSSIBLE. WE ARE HERE TO HELP.