

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

IF YOU HAVE A SLIP, IT'S OK! PLAN TO GET BACK ON TRACK

TRY TO CHANGE YOUR ROUTINE

Change your routine to avoid or delay activities that you would normally associate with smoking.



Crave a cigarette with your coffee? Try changing the time and place you normally drink your coffee.



Are there specific places around the house you normally smoke? Try and avoid these places when you get a craving or make sure you have short acting NRT available.

DO SOMETHING ELSE

Find something else to do (dance, sing, walk, paint, play a sport, etc.)



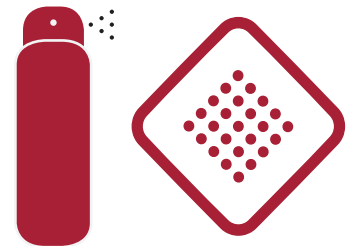
TALK TO YOUR CIRCLE OF CARE AND SUPPORT NETWORK

Call your tobacco treatment counselor, healthcare provider, friend, or family member.



KEEP USING YOUR MEDICATIONS EVERYDAY

Combine NRT or consider increasing dose of NRT



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.