



### **Tobacco Cessation**

1. Quit Now (1-800- Quit- Now),
2. Mental Health Provider (I can find one)
3. Nicotine Gum (don't follow label- instead Squeeze gum 3 times, place it in the vestibule where you put the tobacco for 1 minute, then Squeeze gum 3 times before putting it in the vestibule again for another minute. Repeat for 20 minutes. Throat burns and nausea results if you chew for more than 20 minutes. Chew the gum after meals. This is Over-the-counter at the store (not a prescription).
4. Nicotine Patch- Wear during the waking hours only (do not wear to bed). Move the location of the patch daily. This is Over-the-counter at the store (not a prescription).