

YOUR 4-STEP PLAN TO QUITTING

YOUR MOTTO IS **N.O.P.E.** NOT ONE PUFF EVER!



01

Visit Campus Health Services
You'll be assessed on your readiness to quit.

02

Get tested
Your smoking history, dependence and stressors will be reviewed, and tests will be done.

03

Set your quit date
You'll receive free support PLUS medication and/or nicotine replacement therapy.

04

Follow up
Your withdrawal symptoms will be checked, as well as your mood, stressors and potential for relapse.

Don't give up

It can take as many as 10 or more tries before you're able to quit for good.

The discomfort will pass.

Symptoms usually last only a few days to a couple of weeks. Day 3 to 5 are usually the worst.

Withdrawal symptoms could include:

Headache, trouble sleeping, fatigue, hunger, anxiety, irritability, cravings.

X2

Counselling and medication can more than double your chances of quitting successfully.



X3

Your appeal to the opposite sex could triple as a non-smoker.

Did you know?

20 min. after your last cigarette, your heart rate drops to a normal level.

After just 1 day...

Almost all nicotine is out of your bloodstream.

Benefits to kicking the habit:



More energy



You'll save money



Less stress



Better health

#FMHSNOBUTTS

QUIT

LET'S BE TOBACCO FREE

www.sun.ac.za/tobacco-free-tygermaties