

# Help Someone You Care About Quit Smoking

When someone you care about stops smoking, you may both become healthier. Why? Smoking may be harmful to both smokers and those who breathe the secondhand smoke (smoke from someone else's cigarette).

People who choose to quit smoking deserve all the help you can give them, because it is very hard to stop. So when someone you care about quits smoking, support them in this important decision!

## How you can help

Ask the person who is quitting what are the best ways you can help. Check the boxes for the actions that you will take to support him or her.

- Say how well they are doing
- Say how pleased you are that they are quitting
- Say that it is OK to talk to you whenever they need to
- Encourage them to keep trying even if they are finding it hard to quit
- Spend time doing things together to keep their mind off smoking
- Help with chores or errands to lessen their stress
- Celebrate milestones. Quitting is a big challenge!
- Be there to listen

## What is not helpful

- Do not nag, preach, or scold
- If they are grumpy from nicotine withdrawal, do not take it personally. Try to stay cheerful, and listen
- Do not assume they will start smoking again if they slip
- Do not offer advice. Just ask how you can help

## If you smoke

- Never offer them a cigarette
- Do not smoke near them
- Keep your cigarettes, lighters, and matches out of sight
- Think about quitting too. Quitting together could make it easier for both of you

You can also encourage your family member or friend to talk to his or her healthcare provider about the decision to quit. When someone you care about tries to stop smoking support them in this important decision!

For more information, visit [www.smokefree.gov](http://www.smokefree.gov)