



Commercial Tobacco: Ready, Set, Quit!





Traditional Tobacco vs. Commercial Tobacco

Traditional tobacco used during ceremony, prayer, or cultural healing practices should not be confused with commercial tobacco. Commercial tobacco products are made with added chemicals that are highly addictive and toxic when burned.

Commercial tobacco products include:

- Cigarettes
- Vapes
- Cigars
- Smokeless tobacco (chewing tobacco)
- E-cigarettes (e-cigs)
- Bidis and kreteks (clove cigarettes)
- Low-yield (“light”) cigarettes
- Pipes
- Hookah



This resource is designed to help you stop using commercial tobacco products, which are harmful to your health.

You can find more information about the differences between ceremonial and commercial tobacco from the American Indian Commercial Tobacco Program (AIQuitLine.com). When you're ready to quit, follow these steps:

1. Set a date.

Pick a specific day within the next 2 weeks to quit. This will give you time to get ready. Try to choose a date that gives you the best chance of success. Avoid choosing a day when you will be busy, stressed, or tempted to use commercial tobacco products. Keep in mind that you may face temptations every day, so plan ahead to manage these challenges.

2. Ask your family and friends for support.

It's easier to quit when the people in your life support you. Tell your family and friends that you are planning to quit, and why. Also tell them exactly how they can help you. For instance, they can:

- ✓ Check in to see how things are going
- ✓ Help you deal with cues to smoke
- ✓ Help you plan healthy things to do together, like going for a walk
- ✓ Quit with you, or at least not use commercial tobacco products around you
- ✓ Be patient with you
- ✓ Refuse to let you use commercial tobacco products —no matter what!

3. Ask your healthcare provider or pharmacist for support.

Tell your healthcare provider or pharmacist that you are planning to quit. They can help you. For instance, they can:

- ✓ Tell you about different ways to quit, including counseling and medicines, like nicotine replacement therapy
- ✓ Answer your questions
- ✓ Adjust the medicines you take now, if needed
- ✓ Tell you about other resources that can help you quit



4. Plan how to cope with feelings.

When you quit using commercial tobacco, it affects the way you feel. That's because you're no longer taking in nicotine.

When you quit, you may feel:

- ✓ Anxious, nervous, or restless
- ✓ Grumpy or mad
- ✓ Sad

You may also:

- ✓ Crave commercial tobacco products
- ✓ Get hungry more often
- ✓ Have trouble thinking clearly and/or sleeping

Plan healthy ways to cope with these feelings. For instance, if you feel anxious, take a walk. If you crave commercial tobacco products like cigarettes, chew sugarless gum. If you feel hungry, eat a healthy snack.

Keep in mind: These feelings will ease up after the first few weeks. Meanwhile, try to be patient with yourself.



5. Plan how to cope with cues to smoke.

Certain cues can make you feel like using commercial tobacco products. These cues can be people, places, or activities. Know the cues that might tempt you to smoke and plan ways to avoid them. Always plan ways to cope with these temptations when you can't avoid them.

6. Make a clean sweep.

You will be less tempted to start using commercial tobacco products again if you remove items that remind you of them. Get rid of any reminders you have in your home, workplace, and car. These include:

- ✓ Ashtrays
- ✓ Cigarettes
- ✓ Lighters
- ✓ Matches
- ✓ Pipes
- ✓ Vape pens
- ✓ Cartridges

If you previously smoked commercial tobacco, consider washing your clothes, bedding, curtains, the inside of your vehicle, or anywhere else you smoked it. Try to eliminate as many reminders of your commercial tobacco habit as possible, including the smell!



7. Don't switch to a different commercial tobacco product.

No matter what the ads say, all commercial tobacco products are bad for your health. These include:

- ✓ Cigars
- ✓ Bidis and kreteks (also referred to as clove cigarettes)
- ✓ Low-yield cigarettes
- ✓ Pipes
- ✓ Smokeless tobacco
- ✓ E-cigarettes (also referred to as e-cigs and vapes)





To learn more about how to quit commercial tobacco:

- Go to smokefree.gov and CDC.gov/quit
- Call 1-800-QUIT-NOW (1-800-784-8669)

To receive culturally tailored help from the American Indian Commercial Tobacco Program:

- Go to AIQuitLine.com
- Call 1-855-5AI-QUIT (1-800-524-7848)