



This summer may be the perfect time to declare your independence from Tobacco. Take this quiz to see if you're ready!

1. Do I want to give up tobacco for myself?
2. Is giving up tobacco a top priority for me?
3. Have I tried to give up tobacco before?
4. Do I believe that tobacco is dangerous for my health?
5. Am I committed to trying even though it may be tough at first?
6. Are my family, friends, and co-workers willing to support me?
7. Besides health reasons, do I have other personal reasons for giving up tobacco?
8. Will I be patient with myself if I backslide?

If you answered "yes" to four or more of these questions, you are ready to quit!

What's next?

Call the Tobacco Cessation Program or talk to your healthcare provider about medication and counseling options that will help this time be successful. Research shows that people who use FDA-approved tobacco cessation medication plus classes OR counseling are significantly more likely to quit successfully than if they try to quit without such aids.

Fort Sill
Tobacco
Cessation
Program

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