

SIMPLE STEPS

HOW TO GET STARTED

- 1 Register with Special Olympics BC. Complete the SOBC registration form so we can connect you with more resources and cheer you on! Any member who registers and successfully quits or reduces tobacco use will receive a prize!



- 2 Choose how you would like to quit. You can choose either a) free 12-week supply of nicotine patches, gum, etc. or b) coverage for prescription smoking-cessation drugs through PharmaCare.
- 3 Register with Quit Now by dialing 8-1-1. This will connect you with counsellors and other support to help you through the quitting process. This is available with or without getting medication.

You have to call 8-1-1 to get the free supply of patches or gum before going to the pharmacy. If you choose prescription drugs, you need to see your doctor.



BENEFITS TO QUIT NOW

There are many benefits to registering: access to free medication, support from both Special Olympics BC and the Quit Now program, recognition of your accomplishment, being healthier, living longer, and performing better.

*Let us help you overcome any challenges!
Please contact us for more information.*

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TIPS

4 Ds TO CONTROL CRAVINGS

- 1 **DELAY.**
Do not use tobacco when you feel the urge. Wait five minutes and the craving will pass.
- 2 **DEEP BREATHING.**
Breathe in deeply through your nose and hold it for a count of five. Slowly breathe out through your mouth for a count of seven.



- 3 **DRINK WATER.**
Drink a glass of water slowly. Hold each sip in your mouth for a few seconds.
- 4 **DISTRACT YOURSELF.**
Keep your hands and mind busy. Do something that makes it difficult to smoke, like having a shower or being active.

