

TIPS FOR NEW NONSMOKERS

Driving or Riding in Your Car

When you smoked, you may have lit up when driving to and from work as a means to relieve stress, stay alert, relax, or just pass the time. Your desire to smoke may be stronger and more frequent on longer trips.

What To Expect

- Expect to want to reach for a cigarette when driving a car or traveling as a passenger.
- On longer trips, you may find yourself getting more sleepy than usual.

What To Do

- Remove the ashtray, lighter and cigarettes from your car.
- Turn on your radio or put on your favorite music and sing along.
- Clean your car and make sure to use deodorizers to reduce the tobacco smell.
- Tell yourself:
 - “This urge will go away in a few minutes.”
 - “So, I’m not enjoying this car ride. Big deal! It won’t last forever!”
 - “My car smells clean and fresh!”
 - “I’m a better driver now that I’m not smoking while driving.”
- Ask friends and passengers not to smoke in your car.
- If you’re not driving, find something to do with your hands.
- Take an alternate route to work.
- Try carpooling.
- For a little while, avoid taking long car trips. If you do, take plenty of rest stops.
- Take apples with you on long trips.
- Plan stops for water.

Source: National Cancer Institute

For free one-on-one help with quitting and free printed materials from the National Cancer Institute, call the NCI’s Smoking Quitline at 1-800-QUITNOW (784-8669). A helpful online resource is www.smokefree.gov.