

## TIPS FOR NEW NONSMOKERS

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### Other smokers

You may find that being around the people with whom you used to smoke can trigger the urge to smoke.

#### What To Expect

- Some friends, especially those who are smokers, may not be supportive of your efforts to become a nonsmoker. Also, they may not understand how much impact their behavior can have on your efforts to stop.
- The changes you intend to make may disturb friends and family members who are smokers.
- Friends may feel that your efforts to become a nonsmoker will put a strain on your friendship. It will be tempting to join others for routine smoke breaks.

#### What To Do

- Ask others to help you in your journey to become a nonsmoker. Give them specific examples of things that are helpful (such as not smoking around you) and things that are not helpful (like asking you to buy cigarettes for them).
- Post a small “No Smoking” sign on your front door. Provide an outside area where smokers may go if they wish to smoke.
- If you are in a group and others light up, excuse yourself, and don’t return until they have finished.
- Do not buy, carry, light or hold cigarettes for others.
- Try not to get angry if family, friends or coworkers hassle you about stopping.

*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](http://www.smokefree.gov).