

Asthma and Smoking

Quitting smoking is one of the best things you can do for your health and your asthma. Smoking is a common trigger of asthma symptoms. But quitting may improve your condition. Benefits may include:

- Breathing better
- Being less likely to cough
- Home, car, and clothes not smelling like smoke

Quitting can be hard. Here are some tips to help you stop smoking:

Make a list of the reasons you want to stop smoking and carry it with you: _____

Set a date to quit: _____

Tell your healthcare provider you want to stop smoking. Your provider can:

- Help you create a plan to quit
- Suggest ways to stop
- Talk to you about medicines that may help you quit smoking

Ask for support from a friend or family member. List the people you think could help you stay on track:

- _____
- _____

Join a quit-smoking program: _____

Think about what makes you want to smoke, and write it down. Then plan how to deal with these things without smoking: _____

Visit www.smokefree.gov for more information to help quit smoking.

Other: _____

When you are ready to stop smoking, ask for help. Remember, it's never too late to quit smoking!

