

BEFORE YOUR QUIT DATE: CIGARETTE-FREE ZONE

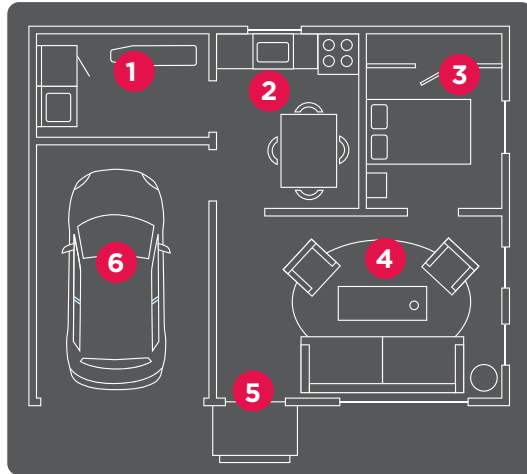
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Create a Cigarette-Free Zone!

Go through every place you may have cigarettes and get rid of them. Look in your bags and the glove compartment of your car. Check coat pockets. And don't just throw the cigarettes in the trash. Destroy them! Tear them in half. Run water over them. Flush them down the toilet. Oh, and get rid of all the butts, too.

Make sure to get rid of all of your cigarettes; don't keep an emergency pack hidden anywhere, because that's planning for failure. And this quit is all about planning for success.

Take a look at the blueprint below, follow the suggestions on the reverse, and make a clean sweep of your home.



1. Laundry Room
2. Kitchen
3. Bedroom
4. Living Room
5. Patio
6. Garage

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Kitchen:

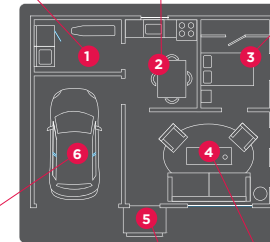
Do you smoke with your morning coffee or while reading the paper? Buy tea instead to try to break that link. Read the paper somewhere else. And if you smoke after meals, try getting up from the table and doing something else, like washing the dishes.

Laundry Room:

Wash that smoke out of your clothes, towels, and sheets. Try using a fabric sheet in the dryer to scent your clothes.

Bedroom:

Go through all of your closets and check your pockets, handbags, briefcases, and suitcases for cigarettes, lighters, and matches. Buy an air freshener to create a more pleasant atmosphere.



Garage:

Cigarettes, lighters, empty packs — trash them. Vacuum the interior of your car. Wipe down surfaces. Really clean out that ashtray. Consider buying a car air freshener as well.

Living Room:

Vacuum. Use carpet freshener, too. Dump the ashtrays and replace them with a dish of sugar-free candy. Move your favorite smoking chair to help avoid old habits.

Patio:

Do a clean sweep. Search for old cigarette butts on the ground and get rid of outdoor ashtrays.



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