



Front

How to quit commercial tobacco

1. Get help. Most of us can't do it alone.
2. Use medicine.
3. Help someone else.
4. If you fall, get back up and keep fighting.
5. If you smoke, don't switch to chewing.
6. If you chew, don't switch to smoking.
7. Remember the children.
8. Remember your ancestors.
9. Remember who wants to keep you addicted and why.
10. Call the **South Dakota QuitLine: 1-866-SD-QUITS**

Back