

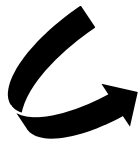


Living with HIV? Smoke cigarettes?

Ever thought about cutting down or quitting?

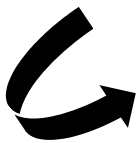
It's Complicated...

You probably smoke for good reasons. Maybe it helps with your stress or anxiety. Maybe you started really young and got hooked. Maybe it's just what you and your friends do. Whatever the reasons, it's complicated.



It's Hard...

It can take a lot of attempts to cut down or quit, even when you are motivated.



It's Worth It!

If you are living with HIV, quitting smoking can lower your risk of:

- Heart and lung disease, and stroke
- Many types of cancer
- HIV-related infections, *and*
- Improve your immune system

Want more info?
Check out these links:
[http://tinyurl.com/
HIVandTobacco](http://tinyurl.com/HIVandTobacco)
[http://tinyurl.com/
FS803](http://tinyurl.com/FS803)

Not in a place to quit, but open to talking about it?

Talk, Think, Track

1. **Talk** about it with someone safe – a counselor, your doctor, a supportive friend
2. **Think** about why you smoke – What do you get out of it?
3. **Track** your smoking – When do you smoke? What need is met?

Ready to cut back or quit?

Try These Three Tools


1. Take a quit smoking class – check with your health insurance, HIV provider, or see the back of this flyer
2. Medication can help – talk to your doctor or pharmacist
3. Make a plan – find other ways to meet the needs that smoking has met

Reward yourself for taking the first step!

Support for Changing Your Tobacco Use

A complete list of stop smoking programs in San Francisco resources can be found at:

<http://sanfranciscotobaccofreeproject.org/you/>

QUIT SMOKING PROGRAMS & CLASSES	San Francisco General Hospital Stop Smoking Program Quit smoking classes for San Francisco residents. (415) 206 – 6074		
	California Smoker's Helpline FREE phone counseling for California residents in many languages. Some may be eligible for free medication. 1 – 800 - NO – BUTTS www.nobutts.org		
	Coalition of Lavender-Americans on Smoking & Health (CLASH) Stop-smoking group classes for LGBT people and people living with HIV (415) 339 – STOP (7867) http://tinyurl.com/CLASHsmoking		
	Nicotine Anonymous In-person, on-line, and call-in meetings. http://www.nica-norcal.org/		
MOBILE/APPS		QuitGuide (CDC) FREE smartphone app tracks your cravings and moods, monitors your progress toward milestones, helps you develop strategies to deal with triggers, and more. http://tinyurl.com/CDCquitguide	 
		Stay Quit Coach (US Department of Veterans' Affairs) FREE smartphone app with information about quitting, interactive tools, motivational messages and support https://mobile.va.gov/app/stay-quit-coach	
		quitSTART FREE smartphone app with tailored tips, use tracking, inspiration, and fun challenges. http://tinyurl.com/quitSTART	 
		Addicaid – Addiction Recovery Support + Group Finder FREE smartphone app that can help you find meetings, and track your daily use and urges, and customizable goals for various addictions, including nicotine. Stay motivated, inspired and supported by a like-minded community. http://www.addicaid.com/	 
	Text QUIT to 47848 , answer a few questions, and you'll start receiving FREE 24/7 quit help messages texted to your phone!		