## Pathways to a Smoke=Free Life

If you smoke tobacco and are thinking about quitting, there are different options available to you for quit support.
This decision map can help guide you on your next steps if you are unsure of where to start.


Smoking is harmful to your health.
Stay smoke-free.

Talk to your healthcare provider about quitting using medication, cytisine, or nicotine replacement therapy (NRT).

These are some of the best methods to quit and stay smoke-free.

Talk to a healthcare provider, such as a family doctor or pharmacist, about quitting. They may suggest trying a different option or dose that may work for you.
If you have been unable to quit using all of these methods, switching completely to vaping can increase your chances of staying smoke-free.*

Switching completely to vaping can increase your chances of staying smoke-free.*
Talk to your healthcare provider about quitting using medication, cytisine, or NRT as other options if vaping didn't work for you. These are some of the best methods to quit and stay smoke-free.

If you use e-cigarettes to help you quit, avoid long-term use to:
(1) Avoid dependence
(2)

Reduce exposure to harmful and toxic chemicals

