

# Taking a “Cigarette Holiday”...



- Some smokers may not be able to imagine being without cigarettes for a day or even a few hours.
- Nicotine Replacement Therapy (NRT) products may be useful for individuals who are not yet ready or able to quit and can be used in situations where you temporarily refrain from smoking such as at work or during a long plane trip.
- This ‘cigarette holiday’ may introduce the option of eventually becoming tobacco free.
- The ‘cigarette holiday’ offers being tobacco free even for a short period of time, with benefits in your body’s healing and recovery.
- Those who use this strategy should gradually attempt to extend the duration of their cigarette-free periods.

**Taking frequent cigarette holidays = quitting for good**