

## TIPS FOR NEW NONSMOKERS

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# Driving or Riding in Your Car

When you smoked, you may have lit up when driving to and from work to relieve stress, stay alert, relax, or just pass the time. Your desire to smoke may be stronger on long trips.

### **What To Expect:**

Expect to want to reach for a cigarette when driving a car or traveling as a passenger.

On longer trips, you may find yourself getting more sleepy than usual.

### **What To Do**

- Remove the ashtray, lighter and cigarettes from your car.
- Turn on your radio or put on your favorite music and sing along.
- Clean your car and make sure to use deodorizers to reduce the tobacco smell.
- Tell yourself:
- This urge will go away in a few minutes.
- So, I'm not enjoying this car ride. Big deal! It won't last forever!
- My car smells clean and fresh!
- I'm a better driver now that I'm not smoking while driving.
- Ask friends and passengers not to smoke in your car.
- If you're not driving, find something to do with your hands.
- Take an alternate route to work.
- Try carpooling.
- For a little while, avoid taking long car trips. If you do, take plenty of rest stops.
- Take apples with you on long trips.
- Plan stops for water.

*Source: National Cancer Institute*



DEPARTMENT OF  
**PUBLIC HEALTH  
AND WELLNESS**

Louisville Metro Department of Public Health & Wellness and  
Kentucky Cancer Program coordinate the Cooper/Clayton Method  
to Stop Smoking program in collaboration with community partners.