Understand withdrawal

The signs of withdrawal are strongest in the first few days after stopping. They get better over the following days and weeks. Nicotine addiction can lead to:

- Feeling tired, cranky, angry, or depressed
- Headaches
- Hunger
- Restlessness
- Trouble concentrating
- Trouble sleeping

Get ready for feelings, people, and places that make you want to use nicotine. These are called **triggers,** which you should try to avoid when quitting. If you feel the urge to use nicotine, try these things instead:

- Chew sugar-free gum or drink water.
- Go for a walk or jog.
- Go somewhere where nicotine use isn't allowed.
- Keep your hands busy with a hobby, like drawing or making jewelry.
- Listen to your favorite playlist.
- Text, call, or hang out with a friend who will support you.
- Try yoga or meditation.

What else can I do?

According to the American Lung Association, more than 480,000 people in the U.S. die from using or exposure to tobacco products. You can take control of your health as a Humana Healthy Horizons member.

If you're having a hard time quitting, talk to your health care provider about local programs and websites that can help. To learn more visit **Humana.com/HealthyQuits**.

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Source:

"Smoking and Tobacco Use," Centers for Disease Control, last accessed March 13, 2026, https://www.cdc.gov/tobacco/index.html

Humana Healthy Horizons in Florida is a Medicaid product of Humana Health Plan Inc.

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Get all the facts about nicotine use

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Vaping

Vaping is the inhaling of a vapor created by an electronic cigarette **(e-cigarette)** or other vaping device. E-cigarettes are battery-powered smoking devices and have cartridges filled with a liquid that usually contains nicotine, flavorings and chemicals.

Smokeless tobacco and nicotine pouches

There are two main types of smokeless tobacco used in the U.S.: chewing tobacco and snuff.

Chewing tobacco comes in loose leaf, plug and twist.

Snuff is finely ground tobacco that comes dry, moist or in bag-like pouches.

Nicotine pouches contain a powder made of nicotine, flavorings, and other ingredients. The powder dissolves in the mouth, and nicotine is absorbed through the gums and lining of the mouth.

Smoking

There are approximately 600 ingredients in cigarettes. When burned, cigarettes create more than 7,000 chemicals. At least 69 of these chemicals are known to cause cancer, and many are toxic.

Many of these chemicals also are found in consumer products. There is no such warning for the toxins in tobacco smoke.

What are the health effects of tobacco and nicotine use?

There are no safe tobacco products, including nicotine pouches and e-cigarettes. This is particularly true for youth, young adults, and women who are pregnant

Tobacco use puts nicotine in the body, which is highly addictive and can:

- Affect memory
- Attention
- Concentration
- Learning
- Mood
- Self-control
- Slow brain development, and
- Increase the risk of other types of addiction later in life

E-cigarettes also:

- Irritate the lungs and may cause serious lung damage
- Harm blood vessel function, increasing risk for heart disease and stroke

Smokeless tobacco can:

- Cause cancer of the mouth, esophagus, and pancreas.

How can I quit?

- Decide why you want to quit and write it down or put it in your phone.
- Pick a day to stop using tobacco or nicotine. Put it on the calendar and tell supportive friends and family that you're quitting on that day.
- Get rid of all tobacco and nicotine products.
- Speak to a physician about nicotine replacement therapy.
- Talk to a health coach, who can help you create a plan to achieve your goals around quitting tobacco and vaping.

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