

***How to Use a Nicotine Patch*** video:

AUDIO: Music without lyrics playing through end of video.

TITLE ARTCARD - TEXT ON SCREEN: How to Use a Nicotine Patch

VISUALS: Title text is in a box. Background is animated with small patches and dots crossing diagonally behind the box.

TEXT ON SCREEN: When you wake up...

VISUALS: Alarm clock shows "7:29" changing to "7:30." Hand comes into frame and pushes down on the clock to turn alarm off.

AUDIO: Beeping of alarm clock at 7:30; stops when hand pushes down.

TEXT ON SCREEN: remove the old patch and apply a new patch.

VISUALS: Square patch on solid background. Hand comes into frame and grabs patch.

TEXT ON SCREEN: Put it on clean, dry, hair-free skin on the upper body.

VISUALS: Hand presses patch onto skin on upper back of body.

TEXT ON SCREEN: Avoid wearing the patch on the same area more than once a week.

VISUALS: Seven images of the patch on different parts of the upper body. Under each image is a letter for the day of the week (M, T, W, T, F, S, S).

TEXT ON SCREEN: Proper use will help you avoid side effects...

VISUALS: Solid background.

TEXT ON SCREEN: and stay quit.

VISUALS: Arm enters frame with its hand in a "thumbs up" gesture.

END ARTCARD 1 – TEXT ON SCREEN:

For more help using medicines to quit smoking

Call 1-800-QUIT-NOW

Visit [CDC.gov/quit](https://www.cdc.gov/quit)

VISUALS: Text is in a box. Background is animated with small patches and dots crossing diagonally behind the box.

END ARTCARD 2 – TEXT ON SCREEN:

This video is a part of the SmokeFreeVET partnership between the Department of Veterans Affairs and the National Cancer Institute's Smokefree.gov Initiative.

CDC does not endorse any particular organization, product, or service.

VISUALS: Joint logo of the US Health and Human Services and the Centers for Disease Control and Prevention.