Ekaba Bisong Programming in C++ University of Calabar



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Adapted from C++ How To Program edited for our own purposes

break and continue statements

C++ also provides statements break and continue to alter the flow of control. The preceding section showed how break can be used to terminate a switch statement's execution. This section discusses how to use break in a repetition statement.

break Statement

The break statement, when executed in a while, for, do...while or switch statement, causes immediate exit from that statement. Program execution continues with the next statement. Common uses of the break statement are to escape early from a loop or to skip the remainder of a switch statement.

```
#include <iostream>
using namespace std;

int main()
{
   int count; // control variable also used after loop terminates

   for ( count = 1; count <= 10; ++count ) // loop 10 times
   {
      if ( count == 5 )
          break; // break loop only if count is 5

      cout << count << " ";
   } // end for

   cout << "\nBroke out of loop at count = " << count << endl;
} // end main</pre>
1 2 3 4
Broke out of loop at count = 5
```

continue Statement

The continue statement, when executed in a while, for or do...while statement, skips the remaining statements in the body of that statement and proceeds with the next iteration of the loop. In while and do...while statements, the loop-continuation test evaluates immediately after the continue statement executes.

In the for statement, the increment expression executes, then the loop-continuation test evaluates.