

The majority of people who use tobacco **want to quit.**



Quitting is hard but you can help your patient make it happen.

In less than 3 minutes, you can make a difference.

Follow the 5As:

Ask your patient if he/she uses tobacco.

Advise your patient to quit.

Assess your patient's readiness to quit.

Assist your patient to quit.

Arrange a follow-up.

For free materials and training on the 5As visit **YouCanMakeitHappen.ca**

smokers' helpline

CONNECT TO QUIT
smokershelpline.ca
1 877 513-5333

Contact Your
Local Public
Health Unit for
materials and
support

Join your local
Cessation
Community of
Practice to network
with others

