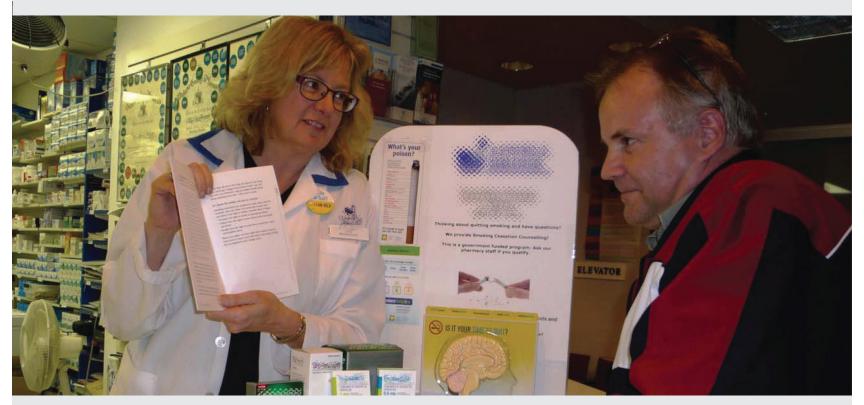
## The majority of people who use tobacco want to quit!



## Quitting is hard, but you can help your patient or client make it happen.

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

## Follow the 5As:

Ask your patient or client if he/she uses tobacco.

Advise your patient or client to quit.

**Assess** your patient or client's readiness to quit.

**Assist** your patient or client to quit.

Arrange for follow-up.

For more information, contact your local public health unit or visit

YouCanMakeitHappen.ca



