

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

smokers' helpline

CONNECT TO QUIT
smokershelpline.ca
1 877 513-5333

