

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](http://smokershelpline.ca)  
1 877 513-5333

