

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 in your patient's health.

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 more information visit YouCanMakeItHappen.ca

smokers' helpline

CONNECT TO QUIT
smokershelpline.ca
1 877 513-5333

Join your local
Cessation Community
of Practice to
network with others

**SMOKE
FREE
ONTARIO**