



**Ask about  
tobacco use at**

Advise

# Advise all tobacco users to quit.

Use clear, strong, and personalized language.  
For example,

*“Quitting tobacco is the most important thing you can do to protect your health.”*



# Assess readiness to quit.

Ask every tobacco user if he/she is willing to quit at this time.

- ▶ If willing to quit, provide resources and assistance (see *Assist* section).
- ▶ If unwilling to quit at this time, help motivate the patient:
  - Identify reasons to quit in a supportive manner.
  - Build patient's confidence about quitting.



# Assist tobacco users with a quit plan.

- ▶ Set a quit date, ideally within 2 weeks.
- ▶ Remove tobacco products from their environment.
- ▶ Get support from family, friends, and coworkers.
- ▶ Review past quit attempts—what helped, what led to relapse.
- ▶ Anticipate challenges, particularly during the critical first few weeks, including nicotine withdrawal.
- ▶ Identify reasons for quitting and benefits of quitting.

*(more)*







