

Most tobacco users want to quit.

**You** can help them.

*3 minutes or less can save lives.*

**Ask**

**Advise**

**Refer**

\*Ask about tobacco use.  
\*Identify and document use status for every patient at every visit.

\*Advise to quit.  
\*Give clear, strong, personalized advice.  
\*It often takes users 7-10 quit tries to quit for good.  
\*Encourage them to try again.  
\*Explain there are tools and people to help.

\*Refer to Quitline Iowa— phone and web.  
\*Employ Quitline fax referral.  
\*If available, offer local cessation programs.



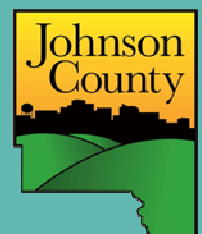
QUITLINE IOWA

1 800 QUIT NOW | 1 800 784 8669

⇒ CEU's available for training on "The Brief Tobacco Intervention," go to [www.iatobaccointervention.org](http://www.iatobaccointervention.org).

⇒ Go to [QuitlineIowa.org](http://QuitlineIowa.org) under provider resources to order free brochures, cards, and posters for your office.

To learn more contact  
Johnson County Public Health  
JCPublicHealth@co.johnson.ia.us or (319) 356-6040  
[www.johnson-county.com/health](http://www.johnson-county.com/health)



Public Health