The Five A's

Ask about tobacco use

Do you or anyone you know use tobacco products?

Advise tobacco users to quit

Message should be clear, strong and personalized without judgement.

Assess patient readiness to quit

Unwilling to quit, Willing to quit in 30 days, Recent quitter, Former tobacco user.

Assist with the quit attempt

Tailor to stage of change (willingness to quit)... set quit date if appropriate.

Arrange follow-up care

Within first week, month or as needed depending on stage of change.

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Ask-Advise-Refer (AAR)

Ask about tobacco use Have you ever used tobacco (hookah, e-cigarettes, or any other types of tobacco or nicotine)?

Are you exposed to secondhand smoke?

Advise tobacco users to quit

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Refer tobacco users to other resources 1-800-QUITNOW, *doctor/pharmacist/nurse/or other clinician*, *local tobacco cessation program*.

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