



WHAT YOU CAN DO TO MAKE A DIFFERENCE

Smokers and Non-Smokers

- Make your homes and cars tobacco-free
- Call the Connecticut Quitline at 1-800-QUIT-NOW or enroll online at www.committotquit.com for help quitting and encourage your loved ones to quit using these available resources
- For youth and young adults ages 13 to 24, enroll in This is Quitting by texting VAPEFREECT to 88709 for help quitting vapes and encourage your friends to quit vaping
- Join the MATCH Coalition (www.matchcoalition.com) or another coalition to make a difference in your community
- Refuse tobacco industry sponsorship of events and refuse tobacco industry-sponsored materials, items, or magazines in your workplace and classrooms
- Encourage your elected officials to support public policy that will protect the public and workers from secondhand & thirdhand smoke and prevent initiation of tobacco use

Health Care Professionals

- Use the "5 A's" for screening and referral for tobacco use dependence
- **A**sk patients about tobacco use at every visit
- **A**dvice every tobacco user to quit
- **A**ssess patients' readiness to quit
- **A**ssist patients in quitting, refer them to the free services provided by the Connecticut Quitline and prescribe or recommend cessation medications and nicotine replacement therapy
- **A**rrange for follow-up at subsequent visits

Business Owners, Management & Landlords

- Establish and enforce indoor and outdoor tobacco-free property policies
- Offer tobacco use cessation to your employees through insurance coverage or wellness programs
- Promote the Connecticut Quitline and This is Quitting free resources to tenants and employees
- Sponsor tobacco-free activities or events

School Boards, Faculty and Staff, Parents & Students

- Join together to adopt and enforce 24/7 tobacco-free campus policies that include sporting and other school sponsored events and activities
- Integrate tobacco use prevention into the core curriculum for kindergarten through 12th grade
- Support a student group against tobacco by sponsoring activities, becoming an adult facilitator, or joining and getting your friends involved

City Councils, Community Leaders & Concerned Citizens

- Join together to pass strong local ordinances and voluntary policies to protect the public from secondhand and thirdhand smoke and prevent initiation of tobacco use
- Sponsor tobacco-free events and activities