

WHAT YOU CAN DO TO MAKE A DIFFERENCE

Smokers and Non-Smokers

- Make your homes and cars tobacco-free.
- Call the CT Quitline at 1-800-QUIT NOW for help in quitting and encourage your loved ones to call.
- Refuse tobacco industry sponsorship of events and refuse tobacco industry-sponsored materials, items or magazines in your place of work and classrooms.
- Encourage your elected officials to support strong public policy that will protect the public and workers from secondhand smoke, and prevent initiation of tobacco use.
- Join the MATCH coalition (www.matchcoalition.com) or another coalition and make a difference in your community.

Health Care Professionals

- Ask your patients about tobacco use.
- If they use, Advise them to quit.
- Refer them for coaching and support. Refer them to the CT Quitline at 1-800-QUIT NOW.
- Prescribe or recommend cessation medications.
- Follow-up at subsequent visits.

Business Owners, Managers and Landlords

- Establish and enforce a tobacco-free property policy, indoors and outdoors.
- Offer tobacco use cessation to your employees through insurance coverage or wellness programs.
- Promote the CT Quitline to tenants and employees.
- Sponsor tobacco-free activities or events.

School Boards, Faculty and Staff, Parents and Students

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

City Councils, Community Leaders and Concerned Citizens

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