

WHAT YOU CAN DO TO MAKE A DIFFERENCE

Smokers, Vapers, and Non Smokers

Make your homes and cars tobacco-free

Call the CT Quitline at 1-800-QUIT NOW, Register online at www.CommittoQuitCT.com, or text QUITVAPE to 88709 for help in quitting, and encourage your loved ones to quit. Smartphone apps are also available for download at www.smokefree.gov

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 aerosol, which will help to prevent youth initiation of tobacco use.

Join the MATCH coalition (www.matchcoalition.com), your local prevention council 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; they can call the CT Quitline at 1-800-QUIT NOW, register online at www.CommitToQuitCT.com, or text DITCHVAPE to 88709. They can also download smartphone apps at www.smokefree.gov.

Prescribe or recommend tobacco use cessation medications; the combination of counseling and medications is most effective.

Follow-up at subsequent visits.

Business Owners, Managers and Landlords

Establish and enforce a tobacco-free property policy

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 includes all school sponsored events

Make time to integrate updated tobacco use prevention messaging 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 exposure to secondhand smoke and aerosol and prevent initiation of tobacco use

Sponsor tobacco-free activities or events