

USING THE 5A's

ASK about current tobacco use.

ADVISE to quit / make a quit attempt.

ASSESS willingness to make a quit attempt.

ASSIST the quit attempt.

- Brief counseling
- Medication, if appropriate
- Refer to additional resources

ARRANGE a follow-up appointment (in person, virtual or by telephone).

ASK *“Do you use any tobacco or electronic nicotine delivery products, even once in a while?”*

ADVISE *“Quitting is one of the most important things you can do to improve your overall health.”*

ASSESS *“Do you have a desire to quit smoking/vaping/other tobacco use in the next 30 days?”*

ASSIST *“I am happy you want to quit. Would you like to hear about the options to help you quit smoking/vaping/other tobacco use?”*

ARRANGE *“I would like to meet with you again in two weeks to discuss your progress.”*