



Ask, Advise, Refer

Help your patients break free from commercial tobacco.

Ask

Respectfully ask each patient if they use commercial tobacco.

"Do you smoke, vape, or use any other form of commercial tobacco?"

Clarify that commercial tobacco is different from traditional tobacco used for ceremony and prayer.

If they do not use commercial tobacco, congratulate them!

If they do use commercial tobacco, continue on to Advise.

Advise

Advise your patient on the benefits of quitting and the support available to them.

"Using commercial tobacco can lead to asthma, heart and lung disease, and cancer. Programs and treatments can help you quit. Are you ready to try?"

Emphasize that family and friends can be harmed by secondhand smoke and vape.

If they are not ready to quit, let them know you respect their decision. **If they are ready to quit, continue on to Refer.**

Refer

If they are interested in quitting commercial tobacco, congratulate them!

Refer them to your clinic's services or refer them to the following FREE service:

KICK/IT

California

Kick It California

Call **1-800-300-8086**

Visit kickitca.org