

IT'S HAMILTON'S TIME TO GET HEALTHY

It's time to

QUIT



The majority
of people
who smoke
want to quit.

Quitting is hard but together we
can make it happen.

Healthcare Providers - in less than 3 minutes, you can make a difference in your patient's health.

Follow the 5As:

Ask your patient if he/she smokes.

Advise your patient to quit smoking.

Assess your patient's readiness to quit smoking.

Assist your patient to quit smoking.

Arrange a follow-up.

For more information on helping your patients
quit smoking go to hamiltondoctors.ca.



Hamilton
Public Health Services



smokers' helpline

CONNECT TO QUIT
smokershelpline.ca
1 877 513-5333

