

The Brief Tobacco Intervention

Adapted from "The Brief Tobacco Intervention" at www.cdc.gov



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Ask about tobacco use:

"Do you currently smoke, vape, or use other forms of tobacco?"

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Advise the patient to quit:

"Quitting tobacco use or vaping is one of the best things you can do for your health. I strongly encourage you to quit. Are you interested in quitting?"

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Refer the patient to resources:

IF READY TO QUIT - Provide direct referrals to resources that will assist the patient in quitting. Prescribe medications, if appropriate.

"This is a resource I recommend. It will provide you with support, help you create a quit plan, and talk to you about how to overcome urges you might have to smoke."

IF NOT READY TO QUIT - Strongly encourage patients to consider quitting by using personalized motivational messages. Let them know you are there to help them when they are ready.

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Recommended resources in Connecticut include:

- **Connecticut Quitline (1-800-QUIT-NOW)** - Free and confidential telephone counseling, support, and medication for adults ages 18 and older.

Healthcare providers can refer patients directly to the Connecticut Quitline by completing the online patient referral form at www.CommitToQuitCT.com.

- **My Life, My Quit™** - Free and confidential text support for youth ages 13-17 years old. Patients can text "**Start My Quit**" to **36072** to sign up.