

# Helping Tobacco Users Quit

## ASK

If you know someone uses tobacco and you have the opportunity, ask  
“Do you currently use tobacco?”



## ADVISE

Then say in your own words something like,  
“Did you know that stopping tobacco use is the single most important thing  
you can do to protect your current and future health. When you are ready to  
quit, there are resources to help you.”



## Refer



Describe services of the Oregon Tobacco Quit Line and give number.

### The Oregon Tobacco Quit Line is a free service

Call toll free  
1-800-QUIT-NOW in English  
1-877-266-3863 in Spanish  
1-877-777-6534 for TTY  
[www.oregonquitline.org](http://www.oregonquitline.org)

#### Facts about the Oregon Tobacco Quit Line:

- It is an effective, evidence-based tobacco cessation service staffed by trained and bi-lingual counselors.
- It is supported with revenue from tobacco taxes and is free to you and your clients.
- Quit Line specialists provide a customized quit plan, problem-solving advice, referral to cessation services covered by insurance, and a quit kit (that may include Nicotine Replacement Therapy for those eligible).
- It is a program of the Tobacco Prevention and Education Program, Oregon Public Health Division.

Educational materials available at [lungoregon.org](http://lungoregon.org)