

# The Five A's for Brief Tobacco Intervention

Ask about tobacco use

Advise to quit

Assess willingness to make a quit attempt

Assist in quit attempt (e.g., counseling and pharmacotherapy)

Arrange follow-up

## Resources

- Smoking and How to Quit, US Department of Health and Human Services  
<http://womenshealth.gov/quit-smoking/>
- Smoking and Pregnancy, American Lung Association  
<http://www.lungusa.org/site/pp.asp?c=dvLUK9O0E&b=33573>
- Quitworks, Massachusetts Department of Public Health  
<http://www.makesmokinghistory.org/quitworks/>

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*Adapted from material published by the US Department of Health and Human Services; Office of the Surgeon General*