

HELP YOUR PATIENTS QUIT TOBACCO

A research review coordinated by the World Health Organization indicates that tobacco smokers are at higher risk than non-smokers of potentially life-threatening reactions to COVID-19. That is because the virus primarily attacks the lungs, which are severely weakened by tobacco use. The increased danger makes helping people kick this harmful habit even more urgent.

As a trusted health care provider, you can play a pivotal role in persuading your patients to quit tobacco. Try these effective tactics:

- ▶ **Refer patients to support resources** The California Smokers' Helpline provides free services, training and materials to help people quit. You can refer patients by filling out a form at www.nobutts.org/helpline-referral-options or have them contact the Helpline directly.
- ▶ **Accentuate the positives** In addition to strengthening the immune system against viruses like COVID-19, going tobacco-free has a wide range of immediate and long-term health benefits, from younger-looking skin to a healthier heart. Visit www.smokefree.gov/quitting-smoking/reasons-quit/benefits-quitting for details.
- ▶ **Prescribe FDA-approved tobacco cessation medication** HPSM covers all of these for adults who use tobacco products.



Patients who need help quitting tobacco can visit www.nobutts.org or call the helpline at 1-800-NO-BUTTS (1-800-662-8887)

Spanish: **1-800-45-NO-FUME (1-800-456-6386)**

Chinese: **1-800-838-8917**

Korean: **1-800-556-5564**

Vietnamese: **1-800-778-8440**

Tobacco Chewers: **1-800-844-CHEW (1-800-844-2439)**

Vape Users: **1-844-8-NO-VAPE (1-844-866-8273)**