

Helping people quit and stay off the smokes

- When a smoker is ready for a change, a health worker or tobacco worker can help them quit using the following steps. This is sometimes called a **brief intervention**.
 - Ask:** Talk to your client about their smoking habits. This may be things like when they smoke, what they smoke, how much they smoke and why they think they smoke.
 - Advise:** Talk to your client about giving up smoking in a way that does not shame them. Give them information that may help them decide.
 - Assess:** Show the client the *Stages of Change* picture and together, work out their smoking habits and levels of dependence.
 - Assist:** Talk with your client about what they think about their smoking habit, both the good and bad things. Educate them about quitting, make a quit plan together and then talk about ways to help stop relapse.
 - Arrange:** Once the client is thinking about quitting or has tried to quit, organise a follow-up visit.
- It is very important for tobacco and health workers to continue to support a smoker once they quit, otherwise they are in danger of relapse.
- Support from family and friends will also help the smoker quit and stay off the smokes for good.



Smoke free zones

- The smoke from cigarettes is bad for everyone, even the non-smokers. Children and teenagers can breathe in smoke and it can cause health problems for them (called passive smoking).
- Smokers often ask their non-smoking family and friends for money to pay for their cigarettes. This is stressful for everyone, especially old people.
- There are many things that families and communities can do to help stop the sickness that comes from smoking.
- One of the things is to change the way people think about smoking.
- It is important to teach people that smoking is not a normal part of family life, homes and culture.
- A good way to do this can be to make '**smoke free zones**'. This means not letting people smoke in certain places like the house or the car.
- This will keep the air fresh in the house and car, keeping all of the family healthy, and making it harder for the smokers to smoke. It can also help smokers cut down on smoking or quit altogether.
- It is also important that health and tobacco workers become good role models for the community by not smoking.
- Help your family and community to become healthier and happier by thinking of ways to stop the smoking sickness where you live.

