

# ASK, ADVISE, REFER

## Tobacco/Nicotine Cessation Intervention

### Ask

#### Ask about tobacco/nicotine use or exposure

##### Smoking



##### Smokeless/Oral



##### E-Cigarettes/Vapes



#### “Have you ever used tobacco or nicotine products?”

- If YES: “When was your last use?” If < 1 month, select “Current.” If >1 month, select “Former.”
- If NO: “Do you live or work with someone who smokes or vapes?” If yes, select “Passive” exposure.

### Advise and Assist

#### Advise to stop and Assist with medications

“Quitting is one of the most important thing you can do for your health and others. There are 7 FDA-approved medications to help you quit.”

### Refer

#### Refer to support that doubles the chances of quitting

“Kick It California is our free state quitline. Their coaches can help you with a quit plan and information. They also may have special offers. Can I have them call you?”

- If YES to referral order: “Kick It California will call you in a couple days.”
- If NO: “Kick It California also has text, chat, and an app. The website also lists local resources.”

For more information, visit the [Kick It California](#) website.

Submit a referral through the [Kick It California referral portal](#).

Patients can text “QUIT” to 66819 to receive support messages from Kick It California.

Graphic adapted from the American Academy of Pediatrics and Centers for Disease Control and Prevention.

**KICK / IT**  
California

**CA**  
QUITS

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