



Treat Nicotine

Center for a Tobacco-Free Finger Lakes

Partnering with Cayuga, Chemung, Livingston, Monroe, Ontario, Schuyler, Seneca, Steuben, Tompkins, Wayne, & Yates Counties

Contact us: Phone: 585-276-7223 | Click for [Website](#) or [Facebook](#)

A CALL TO ACTION: THE GREAT AMERICAN SMOKEOUT (GASO)

The Great American Smokeout (GASO) is Thursday, November 17th. This is a perfect time for your healthcare organization to review your smoking cessation policies, and renew your staff's commitment to helping patients quit using tobacco products.

THINGS YOU CAN DO: This week take action in one or more ways: Share cessation-related information on your social media, put up new Quitline posters for your lobby (call CTFFL for a laminated poster!), and check that you have plenty of Quitline cards to hand to patients. GASO is also a great time to review your tobacco-related policies and signage, and review your guidance for treating tobacco dependence with patients!

CTFFL can help your organization with all of this! [CLICK HERE](#)

THE BACKGROUND BEHIND GASO

For more than 40 years, the American Cancer Society has hosted the Great American Smokeout. This is an opportunity for people who smoke to commit to healthy, smoke-free lives, starting with day one.

Each year GASO is a time for healthcare providers to encourage people to use the date to make a plan to quit, or plan in advance and initiate a smoking cessation plan on the day of the event. It takes commitment and starts with a plan, often takes more than one quit attempt, and requires a lot of support.

Read more: [CLICK HERE](#)

USE THE "5A'S" TO CREATE CESSATION INTERVENTIONS, DURING GASO AND BEYOND

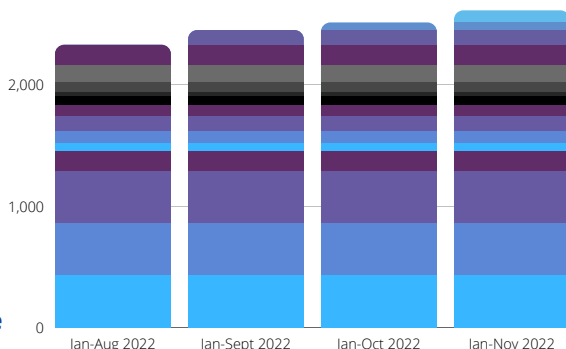
SUCCESSFUL INTERVENTION BEGINS WITH IDENTIFYING USERS AND APPROPRIATE INTERVENTIONS BASED UPON THE PATIENT'S WILLINGNESS TO QUIT. THE FIVE MAJOR STEPS TO INTERVENTION ARE THE "5 A'S": ASK, ADVISE, ASSESS, ASSIST, AND ARRANGE.

CLICK HERE: [TREATING TOBACCO USE AND DEPENDENCE GUIDELINES](#)

NYS Smokers' Quitline

Quitline usage continues to rise!

Contact us to learn how to use the online referral on NY Quits!



www.nysmokefree.com/HealthcareProviders/ReferralPrograms

Free Nicotine Patches/Gum Call: 1-866-697-8487

The Check-Up: tinyurl.com/thecheckup

Visit: nysmokefree.com

THE GREAT AMERICAN SMOKEOUT: NOT JUST FOR CIGARETTES

The American Cancer Society sponsors the Great American Smokeout every third Thursday of November, challenging smokers to give up cigarettes. But with the rise of vaping, especially among adolescents, this event can also be used to talk about the dangers of vaping and why you should quit ALL forms of nicotine use!

Find out more [HERE](#)

CTFFL can help with policy, as well as provide staff training in tobacco interventions and best practices. Contact us TODAY! (Website and phone listed above!)