

30 Seconds to save a patient's life

ASK

Do you smoke?

And make a record of it if you can

ADVISE

"Did you know that the best way of stopping smoking is with a combination of medication and support from Essex Wellbeing Stop Smoking Service or your GP or local pharmacy?

There is also lots of online self-help advice on how to stop smoking"

ACT

Interested

Refer to Essex Wellbeing Stop Smoking Service
<https://bit.ly/33EoWFa>

0300 303 9988

And tell them about self-help:
www.nhs.uk/better-health/quit-smoking

Not Interested

"That is fine, help will always be available if you need it.
Do let me know if you change your mind"

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#QuitForCovid *Provide* 

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