

TOBACCO USE REDUCTION

SUMMER NEWSLETTER

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THINKING AHEAD

We dream of summer vacation all year round; what if it was the ideal time to make quitting smoking a reality?

For some people, summer vacation is a time to relax and escape from the daily grind. For others, it's a good time to carry out projects that are important to them. What if, for you, summer was the perfect time to undertake one of the most important projects of your life—to quit smoking? For smokers, it's easy to endlessly put off the time to take action and quit smoking for good. Lack of motivation, work stress, illness, etc.—there are plenty of reasons to convince ourselves that this isn't the right time. However, the truth is that smoking cessation is a major test, but everyone can successfully meet the challenge

1. Time is on your side: Deciding to quit smoking requires time, effort and preparation. In summer, you can organize your time as you see fit and put your energy where it really counts.
2. It's a more quiet time of year...here's nothing worse than trying to quit smoking in a stressful context. Summer is usually a more quiet time; being more relaxed and being able to take care of yourself can be nothing but beneficial.
3. Looking Good: Yes, quitting smoking will have many physical benefits and may bring with it some new compliments!

SECONDHAND SMOKE

THE SMOKING NON-SMOKER

Secondhand smoke is the mixture of the smoke exhaled by a smoker and the smoke from the lit end of the cigarette. This smoke is inhaled by others around the smoker.

What's the big deal about secondhand smoke?

We all know that cigarette smoking is dangerous to our health but even if you choose not to smoke, being around secondhand smoke can cause you to develop lung cancer, sinus cancer, and heart disease.

Children exposed to secondhand smoke by their adult family members in the home or car are more likely to develop asthma, ear infections, bronchitis, and babies born to mothers who smoke are more likely to be low birth weight or die from Sudden Infant Death Syndrome. .



**DON'T BE SHY
ABOUT TELLING
PEOPLE NOT TO
SMOKE AROUND
YOUR KIDS!**

**By age 5 a child
who with a smoker
will inhale over 100
packs of
cigarettes.**

CHECK OUT OUR MOVIE THEATRE ADVERTISEMENTS

The Tobacco Use Reduction Program currently has 2 ads playing at Grand Cinema and the Sierra Theatre in Susanville, California. Don't let big Tobacco fool you.

Flavors mask the harsh taste of tobacco, making it easier for kids to get hooked on nicotine. The tobacco comp. know this.* It's how we celebrate, how we nurture, and in many cases, how we pass down culture in kitchens all over CA.

Are you concerned about new tobacco products like electronic cigarettes? Tired of seeing cigarette butts everywhere you look? Worried about tobacco companies targeting our children with their deadly, addictive products?

**JOIN OUR
COALITION**



