

# SPRING NEWSLETTER

Lassen County Tobacco and Nicotine Reduction Program



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## COVID -19

Some simple ways to stay  
healthy during the COVID-19  
event:

Wash your hands for 20 seconds.

Avoid touching your face: eyes, nose and  
mouth.

Stay home when sick.

Cover your cough and avoid smoking or  
vaping tobacco products

## KEEPING UP WITH RESOLUTION.\_

### Four Steps To Keeping Your New Year's Resolutions:

- **Focus on small, daily effort:** One of the problems we create for ourselves in trying to change the way we behave is that we often don't give ourselves good guidance. If you can create simple daily habits to deliver on your resolutions, you'll be far more likely to keep them.
- **Let go of discipline and will power:** Even though we tend to think that those who keep their self-commitments are enormously disciplined people who are better able than the rest of us to wrestle their unhealthy impulses to the ground, it turns out that those folks don't see themselves that way at all. They report being moved toward keeping their self-commitments by strong positive motivations: passion, hope, compassion, excitement, curiosity. A recent article in the NYT reinforces these findings - showing that, for instance, compassion and gratitude are strong motivators to change.
- **Find benefits that resonate for you:** Unless you want to do the thing you've resolved to do more than the thing you're currently doing — you won't do it.
- **Collaborate and find others to take the journey with you.**





# EARTH DAY

Did you know that Earth Day, celebrated on April 22, is the largest secular observance in the world? What began as a day of environment preservation in the U.S. is now a large-scale push for clean habitat around the world! Earth Day is proof that one person can make a global impact in a positive way.

Earth Day is all about appreciating the uniqueness of our planet with its incredible biodiversity. On this day various national and international activities are conducted to understand biodiversity and how should we protect our nature – plants, animals and environment. If we make changes in our behaviors towards Mother Earth, then we will be able to make our planet a much better place to live in – also for coming generations.

## Environmental Impact of Nicotine litter

Tobacco product wastes pose enormous environmental and public health challenges. Cigarette butts are the most common form of trash found in the ocean and during debris cleanups. Cigarette butts are responsible for killing at least one million birds and 100,000 mammals annually. Cigarette filters are non-biodegradable and can pose significant health risks to children who pick up this waste. E-cigarette waste, including batteries, and cigarillo tips also pose significant harm to the environment. In Lassen County alone we picked up over 1200 cigarette butts and other tobacco products.





# PUFF BARS

## LOOKS LIKE TECH. WORKS LIKE POISON

If anyone thought the new flavored e-cigarette regulations were going to solve the youth vaping epidemic, they haven't heard of Puff Bars.

Puff Bars mimic the massively popular JUUL and its many copycat e-cigarette devices, but are designed for one-time use. They come in many youth-appealing flavors, but are not subject to the new federal policy regulating flavored e-cigarettes. That's because they are disposable – one of the many exemptions and loopholes in the new policy, which only restricts flavors for closed-system e-liquid cartridges, like JUUL and its pods, and does not apply to refillable cartridges or disposable products

