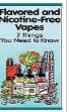
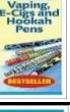
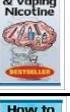


Tobacco Control Program

Available Education/Outreach Materials Available for Order

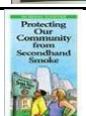
Review the following list and request materials with quantities (as supplies last) by referencing the code (and language needed if available) using the following link to a fillable form:
<https://forms.office.com/g/Gx59QQPVvp>

E-Cigarette/Vaping Brochures

A1		Flavored and Nicotine-Free Vapes: 7 Things You Need to Know With flavors like Vanilla Caramel Swirl, vape companies know people will be tempted to try vaping. But vaping has real risks, even when using nicotine-free vapes. Readers will learn how vape companies try to trick them, why vapor is not harmless, and much more.
A2		Pod Vapes : Little Devices, Big Problems Pod vapes are increasingly popular, especially among young people. Helps readers understand that these new vaping devices have one purpose-to deliver the drug nicotine. The brochure presents a strong anti-vaping message by explaining the risks of pod vapes as well as how companies are targeting youth.
A3		Los vaporizadores de cartucho, Dispositivo pequeño. ¡Problemas grandes! Spanish version of Pod Vapes: Little Devices, Big Problem
A4		The Vaping Quiz Dispel myths about vapes and e-cigarettes with this engaging, interactive title. The Q & A format covers issues such as harmful chemicals, the addictive properties of nicotine, health issues caused by vaping, and marketing tricks of vape companies.
A5		The Truth About Vaping, E-Cigs and Hookah Pens E-cigarette makers are targeting youth, luring them with flavors, designer devices and shameless no-risk promises. Help young people wise-up to the truth about vaping with these hard-hitting facts. An easy-to-understand overview of an alarming new way to addict young people to nicotine.
A6		La Verdad Sobre Los Vaporizadores, Cigarillos Electrónicos y Hookahs Pluma Spanish version of The Truth About Vaping, E-Cigs and Hookah Pens
A7		Your Brain & Vaping Nicotine (NEW) Many young people think vaping is no big deal. This title dispels that myth by explaining that the nicotine in vapes can alter the brain and central nervous system – and poses special risks for young people. Includes signs of vaping addiction and tips for quitting.
A8		How to Quit Vaping (NEW) Help people make a quit plan, get support, and plan for things that trigger the urge to vape. Covers three common ways to quit: cold turkey, reduction, and replacement.
A9		Quitting Vaping, A Guide for Young People (NEW) Learn about your triggers. Find a quit buddy. Sign up for digital quit tools. These are just a few of the practical, effective quit-vaping tips teens and young adults will find in this compelling title. Emphasizing that quitting may take time, this pamphlet urges young people to plan, stick with it, and reach out for support. It includes the message that smoking
A10		Secondhand Vaping and Other Risks of E-Cigarettes (New) Help people understand that vapes don't just affect the person using them. This eye-opening title explains how breathing nicotine and other chemicals in vapes can harm both the person vaping and the people nearby. Includes tips on how to ask family and friends not to vape around you.
A11		Vaping and Pregnancy (NEW) Help women who are pregnant, or thinking about becoming pregnant, understand the dangers of vaping and using ecigarettes. This title emphasizes that nicotine and other chemicals from vapes can harm both baby and mother and urges women who smoke to get help to quit.

A12		Los Vaporizadores en El Embarazo (NEW) The Spanish-language adaptation of Vaping and Pregnancy
A13		LGBTQ Community and Tobacco What You Need to Know (New) Here's a concise overview of the impact tobacco has on LGBTQ communities and what to do about it. This title discusses how tobacco companies target LGBTQ people, talks about establishing a tobacco-free social life, offers quit-smoking tips, and more.

Smoking Brochures

B1		BecomeAnEX.org Information on how to make a plan that will help you quit and re-learn life without cigarettes. Incorporates the latest medical research and practical experience from ex-smokers. Helpful for people who have tried to quit before.
B2		How to Help a Friend or Family Member Quit Smoking (Spanish) This pamphlet provides helpful information for someone who is concerned about a friend or family member's tobacco use. It offers realistic suggestions for what a person can do to help, while reminding the reader that it is ultimately up to the smoker to decide when to quit.
B3		How to Quit Smoking When You've Tried Before Encourage smokers who have tried to quit before to try again. This supportive, encouraging, and practical pamphlet acknowledges that it takes many smokers more than one try to quit for good, and it offers great tips for building on what worked the last time and avoiding what didn't work.
B4		Protecting Our Community from Secondhand Smoke Most communities have some limits on where people can smoke, but more can be done to reduce secondhand smoke in public places, campuses, workplaces, and other places where people congregate. Readers can become clean-air advocates and support community-based strategies to reduce exposure to secondhand smoke.
B5		Quitting Smoking, Common Problems, Good Solutions This pamphlet provides information on getting through the initial period once you've quit smoking. It addresses everyday challenges to quitting smoking including cravings, anxiety, insomnia, depression, weight gain, and more.
B7		Quit Smoking for You and Your Family (English/Spanish) Concern for the health of family members can be a strong motivator to quit smoking. Using a side-by-side, English/Spanish format, this pamphlet explains the harmful effects of smoking on family members and offers practical cessation advice, giving readers both the knowledge and inspiration to quit smoking.
B11		Smoke-Free Housing This helpful title offers suggestions about how to avoid secondhand smoke in multi-unit housing and advocate for a smoke-free building. It discusses the benefits of smoke-free buildings for tenants and landlords and encourages people to speak up and take steps to promote a smoke-free housing policy.
B13		Third-Hand Smoke Third-hand smoke refers to the toxins left behind by cigarette smoke on clothes, hair, furniture, and other surfaces long after a cigarette has been extinguished. These toxins are especially harmful to babies and children. Help parents and caregivers understand the dangers of third-hand smoke and how to minimize exposure and risk with this helpful title.
B14		Tobacco Smoke and Your Pregnancy (English/Spanish Brochure) Gives mothers-to-be essential information about how tobacco smoke can harm them and their babies with this easy to read, bi-lingual English/Spanish title. It offers suggestions on how to avoid secondhand smoke in buildings and cars and urges pregnant women who smoke to quit. Includes smoking cessation referral information.
B16		After You've Quit Adjusting to a Smoke-Free Life (Low supply) Help those who have quit smoking to beat cravings and stay smoke-free with these 30+ creative tips. This encouraging pamphlet provides an excellent roadmap showing how to avoid high trigger situations and what to do when you feel tempted to light up.
B17		When You're Ready to Quit, Find Help that Fits Your Style (English/Spanish Brochure) Get help with creating a quit plan, answers to cessation questions, working through cravings, guides to keep you on track, medications to help with cravings and referrals to local programs. This brochure describes programs available to help with quitting tobacco.

B18		Your Family and Secondhand Smoke (English/Spanish Brochure) This brochure provides information on secondhand smoke and why it is harmful. It also provides tips on how to protect your family from secondhand smoke exposure and secure a smoke-free environment. Being exposed to secondhand smoke can contribute to increased risk for frequent and more severe illness, especially in children.
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Business Cards

C1		Become An EX (English and Spanish Versions Available) This business card sized pocket card is a great place to note your triggers that make you want to smoke and provides a website address for a plan to re-learn life without cigarettes.
C2		General Cessation (English and Spanish Versions Available) Quitting Tobacco is one of the most important steps you can make to save your life. When you're ready – we're here to help.
C3		Pregnant Moms Cessation (English and Spanish Versions Available)
C4		You Got This "You Got This. Truth This Is Quitting. On the back it says, "If you realized needing your vape isn't a great feeling and all your money is going toward vaping...text VAPEFREECT to 88709".

Palm Cards - (4x6)

PC1		Palm Card-Blue (English and Spanish Versions Available) "Want help quitting vaping? Try <i>This Is Quitting, a free text-to-quit program</i> ". On the back it says "Quitting seems impossible, but it isn't. You'll feel like you have your life, body, and wallet back once you quit".
PC2		Palm Card-Orange, female (English and Spanish Versions Available) "Want help quitting vaping? Try <i>This Is Quitting, a free text-to-quit program</i> ". On the back it says, "Quitting is a journey not a race".
PC3		Palm Card-Orange, male (English and Spanish Versions Available) "Want help quitting vaping? Try <i>This Is Quitting, a free text-to-quit program</i> ". On the back it says, "Keep going, keep pushing, you got this".
PC4		Palm Card-You Got This "You Got This. Truth This Is Quitting. On the back it says, "If you realized needing your vape isn't a great feeling and all your money is going toward vaping...text VAPEFREECT to 88709".
PC5		Palm Card-Sticky Note Images "Need help quitting vaping? This is quitting can help". The back provides texting program details.

Fact & Tip Sheets

F1		Asian Quitline Brochures Information provided in Chinese, Korean, and Vietnamese languages for the help quitting smoking.
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F2		Benefits of Quitting 8x11 Info sheets
F3		Keeping Your Baby Safe from Tobacco Smoke Fact Sheets (Available in 13 Languages) 8x11 There is no safe amount of tobacco smoke exposure. Secondhand and third hand smoke can harm your baby by increasing your baby's chances of: sudden infant death syndrome (SIDS), ear infections, pneumonia, and bronchitis asthma and allergies, respiratory and lung infections and learning disabilities. Help protect your baby.
F5		Staying Tobacco Free Fact Sheet 8x11 (Available in 16 Languages) Tips and reasons to stay tobacco free. Resources of programs to help you. Available in Albanian, Arabic, Bengali, Bosnian, Simplified Chinese, Traditional Chinese, English, Haitian Creole, Karen, Khmer, Korean, Laotian, Polish, Portuguese, Spanish, and Vietnamese.

F6		Quitting Tips Fact Sheet (Available in 16 Languages, English and Spanish are available in tear-off pads, 5 x 7 with 50 sheets in a pad, other languages are available as single sheets for copying) Newer image. Here are tips to help you quit even if you have tried quitting before. Available in Albanian, Arabic, Bengali, Bosnian, Simplified Chinese, Traditional Chinese, English, Haitian Creole, Karen, Khmer, Korean, Laotian, Polish, Portuguese, Spanish, and Vietnamese.
F7		Quitting Tips Tear off pads (5 x 7, 50 sheets in a pad) Tips for helping you quit. When you're ready, we're here to help. 1 out of 2 people who continue to smoke will die early because of their smoking. There are many reasons to quit. Find yours and write them down to remind you why you are quitting.

Posters

P1		If You Smoke While You are Pregnant (English & Spanish Versions) 8x11 What you need to know to keep your baby healthy even if you don't smoke. If you smoke while you are pregnant, toxic chemicals you breathe in from cigarettes can harm you and your unborn baby.
P2		Mommy Quit Smoking (English & Spanish Versions) Quitting tobacco is one of the most important steps you can take to keep you and your baby healthy and strong. 8 X 10 Poster
P3		Oral Health – Most Smokers Say They Want to Quit 8x11 For dental providers to help their patient's quit tobacco.
P4		LGBTQ+ POSTER (English) Low Supply Cigarette Cessation, Quitting Isn't a Perfect Process
P5		LGBTQ+ POSTER (Spanish) Low Supply Cigarette Cessation, Quitting Isn't a Perfect Process

Booklet

H1		Friend's Handbook Someone important to you has asked you to help them quit smoking, vaping, or using other tobacco products. Quitting is hard work, and your support can play a big role in helping him/her to be successful. A quit friend should be understanding, supportive and caring. This handbook is for you. It will provide you with information about quitting and tips on how to help.
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