



Smoke-Free Times

California Smokers' Helpline 1-800- NO-BUTTS

www.humanresponsenetwork.org/anti-tobacco

Winter 2009 / 2010



Third-Hand Smoke

**What it is and
How it Hurts Your
Family**

What is third-hand smoke?

- Harmful chemicals from cigarette smoke can stick to the surfaces of a home and car after a cigarette has been smoked for days, weeks, and even months.
- Third-hand smoke gets on clothes, hair, skin, carpets, baby blankets, furniture, toys, car seats, tiny bits of dust, and many other places.

Is it harmful?

- These chemicals are toxic. There are over 4,000 chemicals in a cigarette including arsenic, lead, and formaldehyde.
- Third-hand smoke can harm children. Toxins can build up to dangerous levels in the body.
- Third-hand smoke can harm babies. Babies spend time on floors and other surfaces that will have toxins from smoke. They put their hands and mouths on these surfaces all day long.
- If you have third-hand smoke on your clothes and then hold your baby or child, your child will breathe in those toxins.

Instead of smoking in your car:

- Pull over for a smoke break.
- Bring snacks like carrot sticks, pretzels, and a bottle of water to help fight the urge to smoke.
- When you're ready, quit smoking. Not smoking in your car is great practice for the big day.



Quit Smoking for New Years: Tips for Success

January is the perfect time for a fresh start, and with today's economic challenges, quitting smoking is not only good for your health, but also your wallet. At current prices, when a pack-a-day smoker quits, it's like getting an extra \$2000 every year! Having a solid plan can be the key. Here are some tips for success :

1. Talk to your doctor about the different over-the-counter and prescription medications available to help you quit smoking.
2. Call the CA Smokers' Helpline at 1-800- NO BUTTS or visit them online at www.californiasmokershelpline.org. Trained counselors can help you make a plan to quit, stick to it, and let you know how to get the cost of your prescription quit aids covered by your insurance. All for free.
3. Take time to plan. Pick your quit date a few weeks ahead of time and mark it on the calendar. If you can, pick a day when life's extra stresses are not at their peak, such as after the holidays.
4. Get some exercise every day. Walking is a great way to reduce the stress of quitting. Exercise is proven to not only combat weight gain, but also improves mood and energy levels.
5. Eat a balanced diet, drink lots of water, and get plenty of sleep.
6. Ask family, friends, and co-workers for their help and support. Having someone to take a walk with or just listen can give a needed boost.
7. You don't have to quit alone. Help is available. Stop by the Human Response Network to pick up your FREE Quit Kit or call to sign up for the next Quit Smoking/Chewing class starting in February.

Stick with it! You can do it!

111 Mountain View St., P.O. Box 2370, Weaverville, CA 96093 (530) 623-2024 or 1-800-358-5251
Hayfork Office (Community Center) Tule Creek Rd. 628-4565
Crisis Line 623-HELP 24 hrs. collect ok

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SMOKING IN



MOVIES

About 390,000 teens start smoking each year due to seeing smoking in movies.

What is your family watching?

Check out the **Pink Lung/Black Lung** ratings of these recently released DVD's to see how much smoking and tobacco use is in them.



Pink Lung = movie shows no smoking or has an anti-tobacco message

G-Force (PG)

Harry Potter and the Half Blood Prince (PG)

Night at the Museum: Battle at the Smithsonian (PG)

My Sister's Keeper (PG-13)

Star Trek (PG-13)

Terminator Salvation (PG-13)



Light Gray Lung = movie shows a little smoking or other tobacco use

Angels and Demons (PG-13)



Black Lung = movie shows a lot of smoking and/or youth smoking

Four Christmases (PG-13)

Julie and Julia (PG-13)

Note: The ratings relate only to tobacco use in the movie.

For the latest ratings and more information, visit www.humanresponsenetwork.org/antitobacco or check the list at Old Town Station (Tie Dye Video), Hayfork Video, or Wiley's Supermarket.

SMOKE-FREE CARS

It's The Law!

When youth are present.

To quit smoking • **1-800-NO-BUTTS** • **1-800-45-NO-FUME**

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