









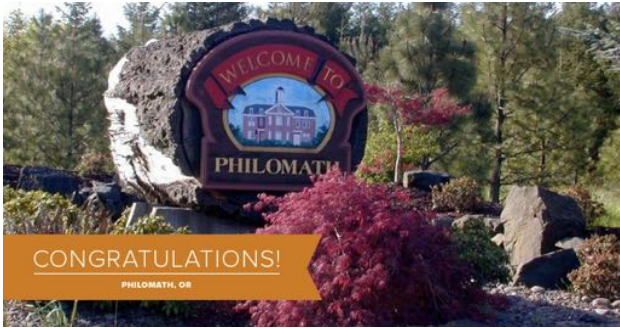

Smokefree Oregon Facebook Calendar
January 2019




Date	Theme	Post Copy	Link	Visual
1/1	Cessation	Is 2019 the year for you to quit tobacco? You can do it! Help is available at www.quitnow.net/Oregon and 1-800-QUIT-NOW.	www.quitnow.net/Oregon	
1/2	Indoor Clean Air Act Environment	It's been 10 years since Oregon's Smokefree Workplace Law expanded to protect workers and patrons in bars, bingo halls and bowling alleys. Learn more about the dangers of secondhand smoke and why this expansion made such a big difference in so many people's lives.	https://bit.ly/1Bu8G0y	

1/3	False Advertising The Real Cost	<p>#TBT to when Big Tobacco advertised tobacco was good for your health, claiming it helps your heart, soothes your throat and even gives immediate relief to people with asthma. Smoking actually prevents cilia from working in the airways, causing a buildup of mucus and other substances.</p> <p>Photo Source: Stanford Tobacco Advertising</p>	<p>https://stanford.io/1xtLYEU</p>	 <p>Marshall's PREPARED Cubebs Cigarettes THE ONLY GENUINE A SURE REMEDY FOR CATARRH COLD IN THE HEAD ASTHMA HAY FEVER, ETC. SOLD BY ALL DRUGGISTS IN 25c AND 10c PACKAGES</p>  <p>CIGARS DE JOY ASTHMA, COUGH, BRONCHITIS CAUTION.—To guard against fraudulent imitations, see that each Box bears the name of "WILCOX and CO., 230, Oxford-street, London." One of these Cigarettes gives immediate relief in the worst attack of Asthma, Cough, Bronchitis, and Shortness of Breath. Persons who suffer at night with coughing, phlegm, and short breath find them invaluable, as they instantly check the spasm, promote sleep, and allow the patient to pass a good night. Are perfectly harmless, and may be smoked by ladies, children, and most delicate patients. Price 2s. 6d. per Box of 25, post-free; and of all Chemists.</p>  <p>CIGARS DE JOY GIVE IMMEDIATE RELIEF IN CASES OF ASTHMA, COUGH, BRONCHITIS HAY-FEVER, INFLUENZA & SHORTNESS OF BREATH</p>
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1/4	Cessation	<p>Congratulations to the Josephine County Prevention Team and their community health partners! At the team's Great American Smokeout this year, many people turned in their vaping and tobacco products and took the pledge to quit. @Josephine-County-Public-Health @AllCareHealthOR @PrimaryHealthFamily @SiskiyouCommunityHealthC</p> <p>enter If you or someone you know is looking to quit tobacco, help is available at www.quitnow.net/Oregon or 1-800-QUIT-NOW.</p>	www.quitnow.net/Oregon	
1/7	Cessation	<p>Mondays are a great day to quit smoking! Make this Monday a fresh start to your week - and breathe a little easier.</p> <p>#MotivationMonday www.quitnow.net/Oregon 1-800-QUIT-NOW</p>	www.quitnow.net/Oregon	


1/8	Youth	The FDA recently issued a warning letter to a tobacco company producing liquids for e-cigarettes, calling it out for its blatant false and misleading advertising. Tobacco products or kid-friendly foods...look similar?	https://bit.ly/2jJ30kP	
1/9	The Real Cost	A new @CDC report shows that between 2013 and 2014, 1 in 4 U.S. nonsmokers were exposed to secondhand smoke. In Oregon, we have one of the strongest indoor clean air laws - because everyone has the right to breathe clean air.	https://bit.ly/2F7TAuK	
1/10	Youth Retail	Congratulations to the @CounterTobacco 2018 Point-of-Sale Photo Contest Winners! Here's one of our favorites. #WhatsforSale in your neighborhood?	https://bit.ly/2Tjted6	
1/11	Cessation	Are you ready to quit tobacco? Nicotine patch and gum + counseling double your chances of success. Call 1-800-QUIT-NOW to get the help you need.	www.quitnow.net/Oregon	

1/14	Cessation	It's never too late to quit! Even if you've smoked for years, every day you are tobacco-free can make a difference in your health. www.quitnow.net/Oregon 1-800-QUIT-NOW	https://60plus.smokefree.gov/	
1/15	Youth Environment	Great news from Philomath, Oregon! By banning smoking in tobacco retail shops and limiting how close tobacco retail shops can be to schools, the city is making sure people can breathe clean air and kids are protected from tobacco marketing.		 <p>A photograph of a large, dark wooden 'WELCOME TO PHILOMATH' sign set against a backdrop of trees. A bright orange banner with the word 'CONGRATULATIONS!' in white capital letters is superimposed over the bottom of the sign. Below the banner, in smaller text, it says 'PHILOMATH, OR'.</p>
1/16	Youth Retail	Exciting steps in Lincoln County to protect youth from tobacco products! Stores already need a license to sell alcohol. Now the county is considering a tobacco license to make sure retailers follow the law and only sell tobacco and e-cigs to people 21 and over. #WhatsforSale	https://bit.ly/2RyoWkS	 <p>A photograph showing a group of diverse high school students sitting around a table in a classroom or meeting room, engaged in a discussion. The students are looking at each other and some are looking at papers on the table.</p> <p>52% of 11th graders say it's easy to get cigarettes.</p>

1/17	Environment	<p>After 2 years, a cigarette butt has only decomposed by 38%! Research has shown it can take up to 12 years for butts to fully decompose.</p> <p>Source: National Center for Biotechnology Information</p>	https://bit.ly/2F4vCBt	
1/18	Youth	<p>Big Tobacco dictates where products are displayed in stores, which often means eye level for kids. Don't believe us? See for yourself.</p> <p>Photo Source: CounterTobacco.org: Nina Gregerson, Madison, WI</p>	https://bit.ly/2MFAxlt	
1/21	<p>Cessation</p> <p>The Real Cost</p>	<p>Are you thinking about quitting tobacco? Get support for this change in your life. Free phone counseling with real people is available at www.quitnow.net/Oregon or 1-800-QUIT-NOW. #MotivationMonday</p>	www.quitnow.net/Oregon	

1/22	Environment	#DYK the link between tobacco and climate change? Forests are cleared to grow tobacco and contribute to global deforestation. Learn about the environmental harms that come from the full life cycle of tobacco.	https://bit.ly/2l5SiCM	
1/23	The Real Cost Cessation	Christine from @CDC's Tips from Former Smokers, recently appeared on @theDoctors to share her story. #DKY this campaign has helped over 500,000 people quit for good since 2012? www.quitnow.net/Oregon 1-800-QUIT-NOW	https://bit.ly/2BTROKF	
1/24	Youth	Violence in video games has long been a concern. Have you also noticed that tobacco use is also becoming a common part of game characters and storylines? Research shows that kids are more likely to start smoking when exposed to tobacco imagery.	https://bit.ly/2BTygGk	

1/25	The Real Cost	It's been 20 years since the Tobacco Master Settlement Agreement, and tobacco remains the nation's #1 cause of preventable death and disease. Find out what Oregonians are doing to create a smokefree Oregon.	http://smokefreeoregon.com/oregonians/	
1/28	Cessation The Real Cost	It isn't news that cigarettes aren't good for you. But what exactly happens to your body when you smoke and how does your body change once you quit? [Spoiler: quitting makes a big difference, quickly!] www.quitnow.net/Oregon 1-800-QUIT-NOW	https://bit.ly/2GQ58pd	

1/30	Youth	<p>#DYK Big Tobacco has a long history of paying Hollywood studios for tobacco product placements? A @TruthInitiative's study found that 79% of on-demand youth and young adult shows most feature smoking. Research shows that when kids are exposed to tobacco imagery, they are twice as likely to begin smoking as those with less.</p>	https://bit.ly/2RoSXUt	
1/31	Cessation	<p>Was it your New Year's Resolution to quit tobacco? Whether you're ending the 1st month of 2019 100% tobacco-free, or if you've made even just one attempt to quit, you are doing great! If you need help to stay on track, visit www.quitnow.net/Oregon or call 1-800-QUIT-NOW.</p>	www.quitnow.net/Oregon	