






Smokefree Oregon Facebook Calendar  
April 2019



Date	Theme	Post Copy	Link	Visual
4/1	Cessation	<p>Quitting tobacco is good for you - and the people around you. Take this quiz to learn more about the health risks of secondhand smoke.</p> <p>#MotivationMonday</p> <p><a href="http://www.quitnow.net/Oregon">www.quitnow.net/Oregon</a> 1-800-QUIT-NOW</p> <p>En Español: <a href="http://www.quitnow.net/oregonsp">www.quitnow.net/oregonsp</a> 1-800-DEJELO-YA</p>	<a href="https://bit.ly/2QDCUi7">https://bit.ly/2QDCUi7</a>	
4/2	The Real Cost	<p>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!]</p> <p><a href="http://www.quitnow.net/Oregon">www.quitnow.net/Oregon</a> 1-800-QUIT-NOW</p>	<a href="https://bit.ly/2uNmuKF">https://bit.ly/2uNmuKF</a>	

4/3	Youth Cessation	Some people pick up vape as a way to fit in. But that decision can lead to a deadly addiction. Break out of the box - fitting in is overrated.		
4/4	Youth Marketing Tactics	<p>Big Tobacco spent decades marketing cigarettes as feminine and sexy. As masculine and tough. As a diet tool. As stress relief. As a way to soothe your throat. As a cartoon character. Then they were caught and held accountable. And the use of cigarettes declined.</p> <p>But now Big Tobacco is back to its old tactics to establish the next generation tobacco addiction. Find out how.</p>	<a href="https://nyti.ms/2UrYuYl">https://nyti.ms/2UrYuYl</a>	
4/5	Youth	Many teens think vaping is safer than smoking cigarettes...they don't realize they are breathing in addictive nicotine, which changes the teenage brain forever.	<a href="https://bit.ly/2MsPy52">https://bit.ly/2MsPy52</a>	



4/8	Cessation	<p>Secondhand smoke puts the lives of your loved ones at risk. Isn't that a good enough reason to quit?</p> <p>#MotivationMonday</p> <p><a href="http://www.quitnow.net/Oregon">www.quitnow.net/Oregon</a> 1-800-QUIT-NOW</p> <p>En Español: <a href="http://www.quitnow.net/oregonsp">www.quitnow.net/oregonsp</a> 1-800-DEJELO-YA</p>		
4/9	The Real Cost	The tobacco industry has always used sex appeal to market their products but conveniently omits the non-sexy yellow teeth, stinky clothes and wrinkly skin that come with smoking.	<a href="https://stanford.io/2WDh3cP">https://stanford.io/2WDh3cP</a>	
4/10	Youth	"Imagine a whole generation of us, but addicted to nicotine. That is what's happening all across Kentucky right now."	<a href="https://bit.ly/2FHwM3T">https://bit.ly/2FHwM3T</a>	
4/11	The Real Cost	Think vapes are a "safer" alternative to cigarettes? The industry may market them that way, but the truth is that e-cigarettes contain many of the same cancer-causing chemicals as cigarettes.	<a href="https://bit.ly/2h045nY">https://bit.ly/2h045nY</a>	


4/12	Youth The Real Cost	It's illegal for Big Tobacco to advertise on social media. But that hasn't stopped them. #WhereTheresSmoke #TobaccoFreePage	<a href="https://bit.ly/2OGmpRV">https://bit.ly/2OGmpRV</a>	
4/15	Cessation	23 million women in the U.S. smoke cigarettes, and more than 140,000 women die each year from smoking-related causes. Don't be a statistic.	<a href="https://bit.ly/2OCgLTi">https://bit.ly/2OCgLTi</a>	 <p>quitnow.net/Oregon 1-800-QUIT-NOW</p>
4/16	The Real Cost Youth	<p>We've been traveling across Oregon to hear from people about how tobacco harms their family and neighbors. One thing we've heard loud and clear is concern about tobacco products being sold and marketed next to kid-friendly products, like candy and ice cream. Here are just a few examples of what we found.</p> <p>#WhatsforSale in your neighborhood?</p>		

				
4/17	The Real Cost Environment Youth	You've heard about the dangers of secondhand smoke.... but what about secondhand vape?	<a href="https://bit.ly/2YQnn2O">https://bit.ly/2YQnn2O</a>	
4/18	Disparities Youth	The tobacco industry is busy marketing e-cigarettes to teens, and that's not the only product in its candy-flavored arsenal. What about the industry pushing cigarillos in African American neighborhoods? #FlavorsHookKids	<a href="https://bloom.bg/2EnuyHs">https://bloom.bg/2EnuyHs</a>	

4/19	Youth Environment Cessation	Walt Disney World took a major step to protect visitors and employees in their U.S. parks from secondhand smoke! As of May 1, all smoking areas inside the parks will be removed. We know this took more than a magic wand, so congrats to all those who worked to make this dream come true.	<a href="https://bit.ly/2JWbJjt">https://bit.ly/2JWbJjt</a>	
4/22	Environment	<p>Tobacco isn't just a health issue - it's an environmental issue. This #EarthDay, take a moment to learn about the lasting harm the tobacco industry has on our planet.</p> <p>Three cheers to Blue Zones volunteers in Klamath County for their amazing work cleaning up the community!</p>		
4/23	Youth	#DYK: Big Tobacco uses the same flavors in tobacco products as Lifesavers and Kool-Aid. Flavors mask the harsh taste of tobacco and make it easier for kids to get hooked. #FlavorsHookKids	<a href="https://www.flavorshookkids.org/">https://www.flavorshookkids.org/</a>	



4/24	Youth	<p>This is blatant marketing disguised as a good-guy move.</p> <p>Photo Source: CTFK</p>	<a href="https://bit.ly/2FQKAKJ">https://bit.ly/2FQKAKJ</a>	
4/25	Youth	<p>Sweet, cheap, and easy to get...would your kid know the difference?</p> <p>#WhatsforSale in your neighborhood?</p> <p>Photo Source: CounterTobacco.org; Allison Myers in Florence, SC</p>	<a href="http://CounterTobacco.org">CounterTobacco.org</a>	

4/26	Environment	<p>Happy National Parks Week!</p> <p>#DYK all National Parks are smoke-free? Celebrate by visiting one this week.</p>	<a href="https://bit.ly/1ttJL0T">https://bit.ly/1ttJL0T</a>	
4/29	<p>Tips from Former Smokers</p> <p>Cessation</p>	<p>"Tobacco, it's a thief where it steals your time away from you." Watch this powerful video to learn about how tobacco cost Christine precious time with her family.</p> <p>#OralCancerAwarenessMonth  <a href="http://www.quitnow.net/Oregon">www.quitnow.net/Oregon</a>  1-800-QUIT-NOW</p> <p>En Español:  <a href="http://www.quitnow.net/oregonsp">www.quitnow.net/oregonsp</a>  1-800-DEJELO-YA</p>	<a href="https://youtu.be/dW9qlebCrp8">https://youtu.be/dW9qlebCrp8</a>	



