








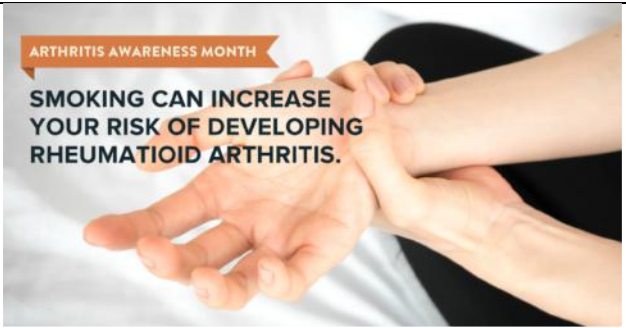
Smokefree Oregon Facebook Calendar
May 2019


Date	Theme	Post Copy	Link	Visual
5/1	Environment Local	Thank you to all the volunteers in Klamath County for picking up 8,300 discarded cigarette butts! Can you guess the one place with almost no butts? We'll give you a hint...it has a tobacco-free policy in place. @bluezonesprojectklamathfalls @KCPublicHealth	http://bit.ly/2IRLJUZ	
5/2	Youth	A recent article in Oregon State University's Daily Barometer addresses the scary unknown of the unregulated e-cigarette industry. "We're not going to know the long-term health effects in the next five or ten years, it will be much longer." - John Ruyak, Benton County Health Department Health Policy Specialist	http://bit.ly/2vFTMMd	


5/3	No Menthol Sunday	Big Tobacco targets African American communities with menthol ads - and has for decades. Interested in doing something about it? Participate in this year's No Menthol Sunday.	http://www.nomentholsunday.org/	 <p>NAATPN</p> <p>NO MENTHOL SUNDAY MAY 19</p> <p>FLAVORED CIGARETTES WERE BANNED BECAUSE A BAN HELPS TO SAVE LIVES.</p> <p>BUT THE MENTHOL FLAVOR IS STILL ALLOWED IN PRODUCTS MOST OFTEN SMOKED BY BLACK PEOPLE.</p>
5/6	Cessation Winter Campaign	Ready to call it quits? We are here to help. It's free with your insurance through Oregon Health Plan.		 <p>1 YEAR</p> <p>after you quit smoking, your risk of heart disease is cut in half.</p> <p>CALL: 1.800.QUIT.NOW</p> <p>SMOKEFREE oregon</p>
5/7	CDC Tips	Meet Leonard Nimroy, otherwise known as Spock, who was a smoker for 37 years and died of COPD in 2015. His wife shares how tobacco was "Traumatic for Both of Us."	https://youtu.be/6E8sisVy774	

5/8	Youth TRL	"We let this Frankenstein loose without knowing what was going to happen." The nicotine in e-cigarettes changes the developing brain and can increase anxiety and lack of focus. Common-sense policies like tobacco retail licensure can help make sure these products aren't sold to kids.	https://cnn.it/2ITJwZk	
5/9	Environment	Double whammy: Cigarette filters don't actually filter out harmful chemicals. AND - they are the most littered item in the world. Find out what Europe is doing to hold Big Tobacco responsible.	https://cnn.it/2TaxmMY	
5/10	Cessation	We honor the history of the many diverse communities celebrated during Asian/Pacific Islander American Heritage Month, as well as the health and longevity of future generations. Free help to quit tobacco is available in Cantonese, Mandarin, Korean and Vietnamese.	http://www.asiansmokersquitline.org/	
5/12	Cessation	<p>She has given almost everything to you. What better gift to her than quitting smoking--or supporting her to quit. #MothersDay</p> <p>www.quitnow.net/Oregon 1-800-QUIT-NOW</p> <p>En Español: www.quitnow.net/oregonsp 1-800-DEJELO-YA</p>	www.quitnow.net/Oregon	

5/14	Youth	#DYK Kids who vape are 4x more likely to become cigarette smokers?	https://www.facebook.com/truthorange/videos/570053126788166/	
5/15	Cessation Youth	Do you know a teen who's been caught up in the vaping epidemic? This new tool can help teens quit with online and text support. Check out www.thisisquitting.com .	http://www.thisisquitting.com/	
5/16	Disparities	#DYK that people living with mental illness are more likely to have a tobacco addiction? Help a loved one quit and stay quit.	www.quitnow.net/Oregon	
5/17	CDC Tips Cessation	Meet Rebecca. She was diagnosed with depression and used smoking as a way to cope, which she eventually realized made her feel even worse. Learn how she beat it. www.quitnow.net/Oregon 1-800-QUIT-NOW En Español: www.quitnow.net/oregonsp 1-800-DEJELO-YA	https://youtu.be/XCibiAnJ6Ts	
5/19	TARA	HOLD FOR TARA DATA		

5/20	Cessation Winter Campaign	Want to quit smoking? Counseling + medicine means you're twice as likely to quit for good. It's free with your insurance through Oregon Health Plan.	www.quitnow.net/Oregon	
5/21	Environment ICAA	If all casinos had smoke-free policies, everyone would walk away a winner!		
5/22	Cessation	People of any age can develop rheumatoid arthritis, but quitting tobacco can decrease the odds. www.quitnow.net/Oregon 1-800-QUIT-NOW En Español: www.quitnow.net/oregonsp 1-800-DEJELO-YA	www.quitnow.net/Oregon	

5/23	Youth	Years ago, tobacco companies were forced to stop advertising cigarettes on TV, radio, billboards, and many magazines. But now, Big Tobacco has infiltrated social media to appeal directly to young people.	http://bit.ly/2vDedZP	
5/24	TARA Youth	#DYK that increasing the price of tobacco is a proven way to help people quit and keep kids from starting? Big Tobacco knows too - that's why they offer so many discounts at the checkout counter.		[HOLD FOR TARA GRAPHIC]
5/27	Cessation	Want to quit smoking? Medicine is a safe way to reduce cravings and symptoms while you quit. And it's free.		
5/28	CDC Tips Cessation	<p>Meet Rico. A smoker since age 14, he was diagnosed with cancer at 45. "I quit so that I'd be more than a memory to my wife and children."</p> <p>www.quitnow.net/Oregon 1-800-QUIT-NOW</p>	http://bit.ly/2Ja10Qv	

5/29	Environment ICAA	#DYK smoking wasn't banned on all flights until 1990? 🧑 Thanks to clean indoor air laws for keeping planes--and many other places--smoke-free.	http://bit.ly/2XWU7WP	
5/30	TARA	HOLD FOR TARA DATA		
5/31	Cessation	<p>Because every day needs to be a NO tobacco day. Help someone you know quit tobacco today.</p> <p>www.quitnow.net/Oregon 1-800-QUIT-NOW</p> <p>En Español: www.quitnow.net/oregonsp -800-DEJELO-YA</p>	HOLD FOR WHO LINK	HOLD FOR WHO GRAPHIC