



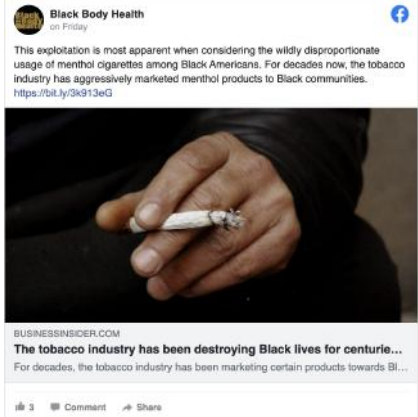
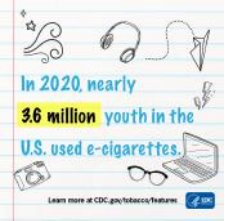






Smokefree Oregon Facebook Calendar - October 2020

Date	Themes	Copy	Visual	Link
Thursday 10/1	Cessation	<p>Happy October! It's a new month, which means a new beginning. If you've tried to quit smoking before, try again! You got this.</p> <p>Smokefree Oregon is here for you every step of the way. For free support and medication text "READY" to 200-400, call 1-800-QUIT-NOW or visit quitnow.net/Oregon.</p>		
Friday 10/2	Vaping/FDA + Scholastic resources	<p>Attention educators, parents, and community orgs! Looking for vaping prevention materials for middle and high school students?</p> <p>The @FDA and @Scholastic have partnered to bring you free materials in English and Spanish - including engaging digital activities for virtual or modified school schedules.</p> <p>We all play a role in fighting the teen vaping epidemic. Know someone who would like this post? Please share! http://www.scholastic.com/youthvapingrisks/index.html</p>		https://bit.ly/2SfjEcN
Monday 10/5	Child Health Day (Oct. 5)/Cessation	<p>In honor of Child Health Day, we're resharing this moving message from Beatrice. A letter from her young son gave her the strength to stay quit day after day.</p> <p>We're thankful for the parents and caregivers who strive to overcome challenges every day so their children have a chance for their healthiest future.</p> <p>If you or a loved one are looking to quit, remember: focus on your "why". For free support, text "READY" to 200-400, call 1-800-QUIT-NOW or visit quitnow.net/Oregon.</p>	 <p>YOUTUBE.COM CDC: Tips From Former Smokers - Beatrice R.'s Story</p>	https://bit.ly/2GgF1li


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Tuesday 10/6	National Fire Prevention Week (Oct. 4-10)	<p>Our thoughts continue to be with those who have been affected by the wildfires.</p> <p>As a friendly reminder, please be careful when throwing away tobacco products. Cigarettes, defective e-cigarette batteries and other smoking materials have caused fires and explosions.</p> <p>Dispose of all tobacco trash responsibly – and get free help to quit for good by texting READY to 200-400. #nationalfirepreventionweek cc: @sparkythefiredog photo credit: @keeporegongreen</p>		
Wednesday 10/7	Reshare/Black/African Americans			https://www.facebook.com/blackbodyhealth/posts/938874373288939
Thursday 10/8	Vaping	<p>A new CDC feature article focuses on the epidemic of youth e-cigarette (vape) use, and offers proven ways to help youth quit. Check it out here: https://bit.ly/33Um320</p>		https://bit.ly/33Um320
Friday 10/9		[PLACEHOLDER FOR AD-HOC]		


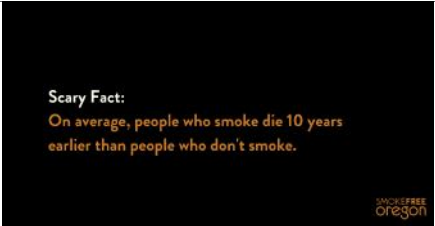
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Monday 10/12	Cessation/LGBTQ+: National Coming Out Day	The LGBTQ community is strong enough to beat tobacco's butt – literally. Call 1-800-QUIT-NOW to begin your quit journey today. #nationalcomingoutday cc: @nationalLGBTcancernetwork		
Tuesday 10/13	COVID-19 (Re-share)	It is important to know about the severe complications of smoking or vaping and COVID-19. To learn more about the risk of the smoking or vaping and the virus view our factsheet https://bit.ly/3eNnX81		
Wednesday 10/14		[PLACEHOLDER FOR AD-HOC]		
Thursday 10/15	Cessation	[reshare Oct. 1 post.] Add copy: Checking-in. We're almost halfway through the month! How's the quit journey coming along? You can still do it. If you're looking for some extra encouragement, join our email list. You're in for a treat!		https://smokefreeoregon.com/email-sign-up/
Friday 10/16	Mental Health	Every day brings a new challenge - 2020 has brought new meaning to these words! If you're looking to relieve stress and anxiety, quitting nicotine addiction can help even out those ups, downs, and cravings. Want to talk with someone about quitting and get free quit smoking medication? Call 1-800-QUIT-NOW or visit smokefreeoregon.com/i-want-to-quit . Our friends @thenationalcouncil also have great resources. Check the graphic below for more info.		
Monday 10/19	Cessation/National Dental Hygiene Month	It's National Dental Hygiene Month. We think this video says everything it needs to about how smoking damages teeth. Our floss-ophy? Quit. Text "READY" to 200-400, call 1-800-QUIT-NOW or visit quitnow.net/Oregon .		https://bit.ly/345Sk6g
Tuesday 10/20	National Pharmacy Week (Oct.18-24)	[PLACEHOLDER FOR POTENTIAL PHARMACY PROMOTION POST]		

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Wednesday 10/21		[Placeholder for smoke-free dining policy in Roseburg, OR post]		
Thursday 10/22	Reshare/Native American	[Reshare one of Cow Creek's traditional tobacco Tik-Tok video pending approval]		
Friday 10/23		[PLACEHOLDER FOR AD-HOC]		
Monday 10/26	Movement Building	<p>[Placeholder -- post pending approval]</p> <p>Join us in celebrating the 10th anniversary of @clatsopchart! CHART works with community members to improve the health of Clatsop County residents. This decade they will focus efforts on ensuring every person has the opportunity to be as healthy as possible, regardless of their circumstances.</p> <p>Fun fact: CHART helped get the Tobacco Retail License law passed in Clatsop.</p>	[Image placeholder]	
Tuesday 10/27	Respiratory Care Week (Oct. 25-31)	<p>#DYK smoking is the leading cause of chronic obstructive pulmonary disease (COPD)?</p> <p>The best way to prevent COPD is to never start smoking and avoid secondhand smoke. If you do smoke, we're here to help you quit.</p> <p>For free support text "READY" to 200-400, call 1-800-QUIT-NOW or visit quitnow.net/Oregon.</p>		
Wednesday 10/28		[PLACEHOLDER FOR SOCIAL STRATEGY PIVOT]		

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<p>Thursday 10/29</p>	<p>World Stroke Day</p>	<p>Facts about smoking and stroke:</p> <p>The more cigarettes a person smokes per day, the higher their risk of dying from a stroke.</p> <p>Exposure to secondhand smoke can cause strokes in people who don't smoke.</p> <p>Protect yourself and the people around you. For free support text "READY" to 200-400, call 1-800-QUIT-NOW or visit quitnow.net/Oregon.</p> <p>#WorldStrokeDay</p>	 <p>CDC.GOV Smoking and Heart Disease and Stroke Smoking is a major cause of cardiovascular disease (CV...</p>	<p>https://bit.ly/36jfGYS</p>
<p>Friday 10/30</p>	<p>Halloween</p>	<p>Happy Halloween! Here's a spooky fact - what would you do with ten extra years?</p> <p>For free help to quit, text READY to 200-400 or visit quitnow.net/Oregon.</p>	 <p>Scary Fact: On average, people who smoke die 10 years earlier than people who don't smoke.</p> <p>SMOKEFREE oregon</p>	