Smokefree Oregon Facebook Calendar - January 2021							
Date	Themes	Сору	Visual	Link			
Friday 1/1	COVID-19	Although the first COVID-19 vaccines have arrived in Oregon, getting a vaccine is still months away for many of us. While vaccination gives us hope the pandemic will end, we can't let our guard down just yet. Protect your health and the health of your loved ones by taking these simple steps. [Tag: OHA]	Vaccination gives us hope the pandemic will end But in the maintime, we need to continue safety measures to keep the virus from spreading. • Wear a mask • Physically distance from others • Wash your hands • Avoid gatherings • Sky home when you're sick				
		A New Year, A New Tobacco-Free You. Get support to quit smoking or vaping, and to stay tobacco-free. Every try is a step forward. Call 1-800-QUIT-NOW, text "READY" to 200-400, or visit quitnow.net/Oregon.	QUITTING SMOKING FOR REAL ISN'T EASY. BUT IT'S WORTH IT.				
Monday 1/4	Cessation campaign		Final bigs, Tabo Quitt HOW SMOSEFREE OPESON OPESON				
Tuesday 1/5	Targeted communities/Cessation	Add copy: If you or someone you know is ready to quit tobacco, free help is available. Text "READY" to 200-400, call 1-800-QUIT-NOW or visit quitnow.net/Oregon	People with disabilities are more likely to smoke, and smoke more cigarettes per day than people without disabilities.	Reshare from Oregon Office on Disability and Health: https://www.facebook.com/OregonOfficeonDisabilityandHealth/posts/2802708666880436			
Wednesday 1/6 Thursday 1/7	Movement building	Congrats to @SanDiegoCounty for prohibiting tobacco sales in pharmacies and capping the number of tobacco retail licenses - both important steps to protect kids from nicotine addiction. To learn more about how to protect Oregon youth from Big Tobacco, visit https://ismokefreeoregon.com/take-action/ . AD HOC	BIGGER PINAL BIOG PARCECO	http://bit.ly/2KOUkd6			
Friday 1/8	African-American	There are up to 10x more tobacco ads in Black and African American neighborhoods than in other neighborhoods. Watch this video to learn more about Big Tobacco's long history of targeting the Black and African American community. Then, visit smokefreeoregon.com/takeaction to take action in your community.	FLOODED THE NEIGHBORHOOD	http://bit.ly/2KOUkd6			
Monday 1/11	Cessation campaign	Smoking a Pack a Day? That's \$3,000 a Year. Quitting is Free. Call 1-800-QUIT-NOW, text "READY" to 200-400, or visit quitnow.net/Oregon.	SMOKING A PACK A DAY? THAT'S \$3,000 A YEAR. QUITTING IS FREE.				

Smokefree Oregon Facebook Calendar - January 2021							
Tuesday 1/12 LGBTQ+	Tobacco companies target our LGBTQ+ communities - they have for decades, and they still do. This contributes to higher smoking rates among LGBTQ+ adults. Ready to take action? Join us: smokefreeoregon.com/takeaction	TOBLACCO USE IS NOT AN EQUAL, OPPOSITUATIVE NULLER: WHEN A LIFE WASH WITH JUTIES THE WASH IN HOUSE AND THE STATE OF THE WASH IN THE STATE OF THE WASH IN THE STATE OF THE WASH IN THE STATE OF THE STAT					
Wednesday 1/13	AD HOC	The sales and sales and sales are sales and sales are sales and sales are sales are sales and sales are sales and sales are sa					
Thursday 1/14 Vaping	Vaping makes it harder to pay attention and learn. That's because nicotine permanently harms brain development. Get the facts and know the risks from @surgeongeneral: https://e-cigarettes.surgeongeneral.gov/	#DYK Using nicotine in kids, teens and young adults can harm the parts of the brain that control attention, learning, mood, and impulse control. https://e-cigarettes.surgeongeneral.gov/.					
Friday 1/15 Asian	Paan is a tobacco product popular in Southeast Asia, South Asia and East Asia. Some people think paan is "all natural", but it is actually often wrapped with commercial tobacco. This makes it very dangerous. Learn more about this product here: https://www.cdc.gov/tobacco/disparities/asian-americans/index.htm	https://www.cdc. gov/tobacco/disparities/asian- and himselsen, Pacific hlanders and himselsen, Pacific hlanders and himselsen, Pacific hlanders					
Monday 1/18 Cessation campaign	Smoking and vaping are expensive. Quitting is free. Get free help and medicine to quit for good. Call 1-800-QUIT-NOW, text "READY" to 200-400, orvisit quitnow.net/Oregon.	SMOKING AND VAPING ARE EXPENSIVE, QUITTING IS FREE.					
Tuesday 1/19 COVID-19	Vaccines, like the ones being developed for COVID-19, undergo rigorous testing to ensure they're safe and effective. In the coming months, many of us will have a chance to save lives by taking the vaccine when it becomes available. Protect yourself and your loved ones by taking it as soon as you can. @OregonHealthAuthority	Factor Transmission contrapt operation indep Factor Transmission contrapt operation indep Factor Transmission contrapt operation indep Factor Transmission contrapt contrapt Factor Transmission Contrapt Factor Tr					
Wednesday 1/20 Environment	#DYK cigarette butts are the most littered item on Oregon beaches and in the entire world? In Oregon, organizations like @OregonSurfrider keep our beautiful beaches from turning into ugly trash cans by cleaning up all those gross cigarette butts. What are you doing to protect your community? If you're looking for a place to start visit: smokefreeoregon.com/takeaction	https://youtu.be/QQ6b5sWD0f0					
Thursday 1/21	AD HOC						
Friday 1/22 Cessation	Meet Rebecca. Around age 16, she began smoking the cigarettes her mom threw away. Her tobacco addiction led to a condition called Buerger's disease. The disease caused swollen and blocked blood vessels in her toes, and three of them had to be amputated. Now, Rebecca is tobacco-free and sharing this advice: "It becomes real when it happens to you. Don't let it happen to you." https://youtu.be/W2SEsY6vA64	https://youtu.be/W2SEsY6vA64					
Monday 1/25 Cessation campaign	Ready to call it quits? Your pharmacist can help! Now you can get free help to quit tobacco at your local pharmacy, no appointment needed. Check if services are available in your neighborhood.	QUITTING SMOKING FOR REAL ISN'T EASY. BUT IT'S WORTH IT.					

Smokefree Oregon Facebook Calendar - January 2021								
Tuesday 1/26		AD HOC						
		All of us – friends, neighbors, businesses, healthcare organizations, community organizations, and local governments – have a role to play in protecting our communities from the danger of smoking and vaping. Join us and take action: smokefreeoregon.com/take-action		Join US Dign up for smokeffee oregon's email list. Contract your county tobacco prevention coordinator. White your local decision maker using our online form. Join the smokeffee obegon facebook community.				
Wednesday 1/27	Movement building			Together we're stronger than Big Tobacco.		smokefreeoregon.com/take-action		
Thursday 1/28	TPEP Highlight	Hold for TPEP Highlight						
Friday 1/29		You may have heard of secondhand smoke. But have you heard of thirdhand smoke? Thirdhand smoke is the residual chemicals that get left behind (on things like furniture, curtains or carpet) after someone smokes. Smoke-free housing laws and policies protect people from second and thirdhand smoke. Visit link to housing page> for tips to create your own smoke-free policy or help if you are having problems with tobacco smoke in your home.		thirdhan		https://smokefreeoregon. com/oregonians/smoke-free-housing- tools/		