












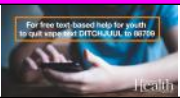


## Smokefree Oregon Facebook Calendar - February 2021

Date	Themes	Copy	Visual	Link
Monday 2/1	Cessation	Want to quit smoking or vaping? Counseling + medicine means you're twice as likely to quit for good. Oregon Health Plan and all health insurance providers in Oregon cover help to quit. And the Oregon Quit Line can help even if you're not covered. Call 1-800-QUIT-NOW, text "READY" to 200-400, or visit <a href="http://quitnow.net/Oregon">quitnow.net/Oregon</a> .		
Tuesday 2/2	Movement Building	Remember when Big Tobacco tried to profit off of COVID-19? They offered premium gifts (Hand sanitizer! Toilet paper! Masks!) in exchange for buying their deadly products.  Now, lawmakers are calling on authorities to act. Now THAT is how you take a stand against Big Tobacco!		<a href="http://bloom.bg/39oUBwi">http://bloom.bg/39oUBwi</a>
Wednesday 2/3	Disparities/Black History Month	In honor of Black History Month, we'd like to highlight some Oregonians who have been standing up to Big Tobacco.  First up, Shanaquewa. Thank you for raising your voice against the tobacco industry's targeting. Your daughter and future generations are lucky to have you on their side.  #blackhistorymonth		<a href="https://youtu.be/-TwA0vIGBZQ">https://youtu.be/-TwA0vIGBZQ</a>
Thursday 2/4	Reshare	<i>Added copy:</i> Thanks for sharing this fact @OregonOfficeOnDisability! We can think of many other ways to spend that \$1,700, like:  - At least 3 months worth of groceries - An in-home gym - Adopting a new pet from the @oregonhumanesociety  Share with us what would you spend \$1,700 on!		<a href="https://www.facebook.com/OregonOfficeOnDisabilityandHealth/posts/2829743033976999">https://www.facebook.com/OregonOfficeOnDisabilityandHealth/posts/2829743033976999</a>
Friday 2/5		<b>AD HOC</b>		
Monday 2/8	Cessation	Native Quit Line: For American Indians and Alaska Natives who want to quit commercial tobacco. Dedicated quit coaches understand and respect indigenous values and traditions. Free help and medicine, like patches and gum, are available. Call 1-800-QUIT-NOW (1-800-784-8669), then press "7".		


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<b>Tuesday 2/9</b>	Smoke-free housing tools	<p>Everyone deserves to breathe clean air, especially in your own home. If you or someone you know is experiencing drifting smoke in the home, here are some steps you can take.</p> <p>For additional smoke-free housing resources, visit: <a href="https://smokefreeoregon.com/oregonians/smoke-free-housing-tools/">https://smokefreeoregon.com/oregonians/smoke-free-housing-tools/</a></p>		
<b>Wednesday 2/10</b>	Disparities/Black History Month	<p>Thank you, David, for sharing your reason for quitting smoking. We agree that tobacco products that look like candy have just one audience - Oregon's kids.</p> <p>We're happy to have role models like you for our youth!</p> <p>#blackhistorymonth tag: NAMI</p>		<a href="https://youtu.be/klg0w8DCnxk">https://youtu.be/klg0w8DCnxk</a>
<b>Thursday 2/11</b>		<b>AD HOC</b>		
<b>Sunday 2/14</b>	Valentine's Day	<p>We're breaking up with all things toxic this Valentine's Day, and that includes smoking. To start the detox process, we created a playlist. You can listen here: <a href="http://bit.ly/3qYmXoc">http://bit.ly/3qYmXoc</a></p> <p>Thank You, Next by Ariana Grande anyone?</p> <p>You can also break up with smoking by contacting the Oregon Quit Line: text "READY" to 200-400, call 1-800-QUIT-NOW or visit <a href="http://quitnow.net/Oregon">quitnow.net/Oregon</a></p>		<a href="https://www.youtube.com/playlist?list=PL0IcMZo9ECrR7TQx-4i5XLnaJ1HdlJT">https://www.youtube.com/playlist?list=PL0IcMZo9ECrR7TQx-4i5XLnaJ1HdlJT</a>
<b>Monday 2/15</b>	Valentine's Day/Spanish Cessation Campaign	<p>Regale <input type="checkbox"/> para usted y sus seres queridos</p> <p>En este día de San Valentín, demuestre su amor dejando el tabaco. Al hacerlo, puede aumentar su expectativa de vida, pasar más tiempo de calidad con sus seres queridos y proteger su salud. Es su decisión.</p> <p>Visite <a href="http://www.vivesinfumar.org">www.vivesinfumar.org</a> y encuentre ayuda gratuita en español.</p>		
<b>Tuesday 2/16</b>	Cessation/Cervical Cancer	<p>Smoking can damage nearly every organ in the body - including the cervix. Quit smoking to protect yourself from cervical cancer - the @FDA has special tools and tips. For more, visit: <a href="https://women.smokefree.gov">women.smokefree.gov</a>.</p> <p>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 <a href="http://quitnow.net/Oregon">quitnow.net/Oregon</a></p>		
<b>Wednesday 2/17</b>	Disparities/Black History Month	<p>Volunteers like Ms. Cheryl are protecting Oregon's youth from tobacco industry targeting.</p> <p>@MultCo Public Health Advisory Board is lucky to have you, and so are we!</p> <p>#blackhistorymonth</p>		<a href="https://youtu.be/h8FXM81DlyS">https://youtu.be/h8FXM81DlyS</a>

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Thursday 2/18	COVID-19 and Smoking	<p>Some information on the COVID-19 vaccines from @OregonHealthAuthority:</p> <p>Vaccines to protect against COVID-19 have been developed with unprecedented speed, and we know for some of you that's raised concerns about safety. Like any vaccine, COVID-19 vaccines are being carefully evaluated through clinical trials and must meet safety standards before being approved by the @FDA.</p>		
Friday 2/19		AD HOC		
Monday 2/22	Cessation/Vaping	<p>Vaping can lead to a lifetime of nicotine addiction. Youth who vape are 3x more likely to start smoking cigarettes. And the aerosol from vape contains cancer-causing chemicals. For free help for youth, call 1-800-QUIT-NOW, visit <a href="http://quitnow.net/Oregon">quitnow.net/Oregon</a>, or text DITCHJUUL to 88709.</p>		
Tuesday 2/23	American Heart Month	<p>You may know that smoking is the top cause of lung cancer, but did you know it's a top cause of heart attacks and strokes too? Almost one third of deaths from coronary heart disease are due to smoking and secondhand smoke. @americanheartassociation</p> <p>Know the facts: <a href="https://bit.ly/3bz34zG">https://bit.ly/3bz34zG</a></p> <p>#americanheartmonth</p>		<a href="https://bit.ly/3bz34zG">https://bit.ly/3bz34zG</a>
Wednesday 2/24		AD HOC		
Thursday 2/25	Cessation	<p>Meet Sharon.</p> <p>Like many people who smoke, Sharon's addiction started when she wanted to "fit in" at high school. All her friends were smoking...it seemed like the cool thing to do.</p> <p>Sharon has been smoke-free for over 14 years but has had several surgeries due to throat cancer.</p> <p>"Kids don't realize that it doesn't take long to get hooked."</p> <p>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 <a href="http://quitnow.net/Oregon">quitnow.net/Oregon</a></p>	 <p>YOUTUBE.COM CDC: Tips From Former Smokers - Sharon A.'s Peer</p>	<a href="https://bit.ly/3nF6KcN">https://bit.ly/3nF6KcN</a>

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Friday 2/26	COVID-19 and Smoking	<p>We're still learning more every day about COVID-19. Here's what we do know about COVID-19, smoking, vaping and lung health:</p> <ul style="list-style-type: none"> <li>- According to the @CDC people who smoke cigarettes now, or who smoked in the past, are more likely to get very sick from COVID-19.</li> <li>- Smoking cigarettes can keep the immune system from working right and cause heart and lung diseases.</li> <li>- A recent study found that people who vaped were more likely to be infected with COVID-19.</li> </ul> <p>If you have concerns about COVID-19 and smoking or vaping, visit: <a href="https://smokefreeoregon.com/oregonians/helping-people-quit-tobacco/">https://smokefreeoregon.com/oregonians/helping-people-quit-tobacco/</a></p>		<a href="https://smokefreeoregon.com/oregonians/helping-people-quit-tobacco/">https://smokefreeoregon.com/oregonians/helping-people-quit-tobacco/</a>