






## SMOKEFREE OREGON FACEBOOK & INSTAGRAM DECEMBER CONTENT CALENDAR


[Smokefree Oregon • Facebook](#)

[Smokefree Oregon \(@smokefree\\_oregon\) • Instagram](#)

IG or FB?	Date	Theme	Post Copy Instagram	Post Copy Facebook	Image (or image notes)	Full link
Both	December 1, 2021	Local wins	<p>Can you believe we're in the last month of the year?! This year was tough and we are so grateful for our community members who persevered to make lasting change in Oregon.</p> <p>Starting next week, we'll be reflecting on the SFO Heroes who've had major wins over Big Tobacco this year. Stay tuned! #SFOHERO2021</p> <p>#smokefreeoregon #yourhealthmatters #tobaccofree #success #publichealth #breathefree</p>	<p>Can you believe we're in the last month of the year?! This year was tough and we are so grateful for our community members who persevered to make lasting change in Oregon.</p> <p>Starting next week, we'll be reflecting on the SFO Heroes who've had major wins over Big Tobacco this year. Stay tuned! #SFOHERO2021</p>	 <p>A graphic with a dark blue background. At the top left is the 'SMOKEFREE oregon' logo. In the center, the word 'HEROES' is written in large, bold, orange letters. Below it, the year '2021' is written in large, bold, light green letters. There are decorative white dots and zigzag lines on the sides.</p>	
Both	December 3, 2021	Cessation	<p>Save this post for 4 Tips to manage holiday stress and stay smoke free this holiday season!</p> <p>#DYK more than a third of people feel an increase in stress over the holidays – and that often leads to an increase in smoking?</p> <p>Looking for ways to quit? We got you covered. Text "READY" to 200-400, call 1-800-QUIT-NOW or visit quitnow.net/Oregon for free support.</p> <p>#smokefreeoregon #stressfree #tobaccofree #inspiration #readytoquit</p>	<p>Save this post for 4 Tips to manage holiday stress and stay smoke free this holiday season!</p> <p>#DYK more than a third of people feel an increase in stress over the holidays – and that often leads to an increase in smoking?</p> <p>Looking for ways to quit? We got you covered. Text "READY" to 200-400, call 1-800-QUIT-NOW or visit quitnow.net/Oregon for free support.</p>	  <p>Two vertical graphics. The top one has a red background and features an open book icon with the text 'Tip #1 to Manage Holiday Stress Smoke Free' and 'Write down or say out loud the reasons you want to stop smoking.' The bottom one has a green background and features a steaming bowl icon with the text 'Tip #2 to Manage Holiday Stress Smoke Free' and 'Cook yourself a warm comfort meal.' Both include the 'SMOKEFREE oregon' logo at the bottom.</p>	

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	December 5, 2021	Tobacco Retail License	<p>#SFOHERO2021</p> <p>The Oregon Legislature passed a bill banning the online sales of e-cigarettes and other vaping products! This is a HUGE step towards creating a tobacco-free Oregon and protecting the health of our youth.</p> <p>#smokefreeoregon #yourhealthmatters #tobaccofree #vapefree #healthcare</p>	<p>#SFOHERO2021</p> <p>The Oregon Legislature passed a bill banning the online sales of e-cigarettes and other vaping products! This is a HUGE step towards creating a tobacco-free Oregon and protecting the health of our youth.</p>		<a href="https://bit.ly/3vVCqbG?fbclid=IwAR3XX9DJql3kUQ5RbNNRey0kJf4ei1UTBpJLM7mcGJTlI6EGLWexey7MVks">https://bit.ly/3vVCqbG?fbclid=IwAR3XX9DJql3kUQ5RbNNRey0kJf4ei1UTBpJLM7mcGJTlI6EGLWexey7MVks</a>




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Both	December 9, 2021	Cessation	<p>#SFOHERO2021</p> <p>Select pharmacies are now able to prescribe medications to help you quit smoking for good. We launched a pharmacy tool to help you easily find your local pharmacist.</p> <p>Health insurance plans, including Oregon Health Plan, cover medications like patches and gum for free with a prescription.</p> <p>Visit our bio to find a pharmacy near you. Don't forget to share this post with someone who may need it!</p> <p>#smokefreeoregon #yourhealthmatters #tobaccofree #healthcare</p>	<p>#SFOHERO2021</p> <p>Select pharmacies are now able to prescribe medications to help you quit smoking for good. We launched a pharmacy tool to help you easily find your local pharmacist.</p> <p>Health insurance plans, including Oregon Health Plan, cover medications like patches and gum for free with a prescription.</p> <p>Visit our bio to find a pharmacy near you. Don't forget to share this post with someone who may need it!</p> <p><a href="https://smokefreeoregon.com/pharmacy/">https://smokefreeoregon.com/pharmacy/</a></p>		<a href="https://smokefreeoregon.com/pharmacy/">https://smokefreeoregon.com/pharmacy/</a>
Both	December 12, 2021	Cessation	<p>Do you have a loved one that could use some motivation? Share this post and let them know they're not alone!</p> <p>Leave a 🧡 in the comments if you needed one of these today!</p> <p>Smokefree Oregon has resources available for all. Whether you are trying to quit, ready to take action in your community or want to learn more about the dangers of secondhand smoke (and even thirdhand smoke), we've got you covered.</p> <p>Click the link in bio for more information.</p> <p>#smokefreeoregon #yougotthis #breathefree #inspiration</p>	<p>Do you have a loved one that could use some motivation? Share this post and let them know they're not alone!</p> <p>Leave a 🧡 in the comments if you needed one of these today!</p> <p>Smokefree Oregon has resources available for all. Whether you are trying to quit, ready to take action in your community or want to learn more about the dangers of secondhand smoke (and even thirdhand smoke), we've got you covered.</p> <p>Click the link below for more information.</p>		<a href="https://smokefreeoregon.com/oregonians/">https://smokefreeoregon.com/oregonians/</a>


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IG	December 15, 2021	Tobacco Retail License	<p>Another win against the tobacco industry!</p> <p>The city of St. Paul, Minnesota passed a ton of tobacco retail policies, including a set minimum of \$10 for a pack of cigarettes and packs of smokeless tobacco. Raising the price on tobacco is a proven way to help people quit and keep youth from starting.</p> <p>Take that Big Tobacco! What a great way to protect our youth. For full details, see our Instagram story.</p> <p>#StPaul #breathefree #publichealth #bigwins #saynototobacco #nicotinefree</p>	<p>Another win against the tobacco industry!</p> <p>The city of St. Paul, Minnesota passed a ton of tobacco retail policies, including a set minimum of \$10 for a pack of cigarettes and packs of smokeless tobacco. Raising the price on tobacco is a proven way to help people quit and keep youth from starting.</p> <p>Take that Big Tobacco! What a great way to protect our youth. &lt;link&gt;.</p>		<a href="https://urldefense.com/v3/_https://www.mprnews.org/story/2021/11/04/st-paul-enacts-some-of-nations-toughest-tobacco-restrictions_!!OxGzbBZ6!M0Opy1tgXmtHc20TCtpiytpjrPspEHFSqTUqONYTchj3shcj9tVqMda9LQ719JYrwylijPKI9AU\$">https://urldefense.com/v3/_https://www.mprnews.org/story/2021/11/04/st-paul-enacts-some-of-nations-toughest-tobacco-restrictions_!!OxGzbBZ6!M0Opy1tgXmtHc20TCtpiytpjrPspEHFSqTUqONYTchj3shcj9tVqMda9LQ719JYrwylijPKI9AU\$</a>
Both	December 21, 2021	Smoke-free policy and Tobacco Retail License	<p>#SFOHERO2021</p> <p>Shout out to the many local public health Heroes throughout Oregon! Here are just a few:</p> <p>Carousel Post of Images:</p> <ul style="list-style-type: none"> <li>Little Creek Casino smoke-free policy [tag Northwest Portland Area Indian Health Board]</li> <li>Clatsop County Tobacco Retail License ordinance</li> <li>Klamath County Public Health and the Blue Zones Project Smoke-Free Events Policy</li> <li>KLA-MO-YA Casino (owned by Klamath Tribe) Smoke-Free Policy</li> </ul> <p>#tobaccoretaillicense #smokefreeoregon #littlecreekcasino #clatsop #klamath #bluezonesproject #KLAMOYA</p>	<p>#SFOHERO2021</p> <p>Shout out to the many local public health Heroes throughout Oregon! Here are just a few:</p> <p>Policies:Carousel Post of Images:</p> <ul style="list-style-type: none"> <li>Little Creek Casino smoke-free policy [tag Northwest Portland Area Indian Health Board]</li> <li>Clatsop County Tobacco Retail License ordinance</li> <li>Klamath County Public Health and the Blue Zones Project Smoke-Free Events Policy</li> <li>KLA-MO-YA Casino (owned by Klamath Tribe) Smoke-Free Policy</li> </ul>		

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IG	December 23, 2021		<p>#DYK that smoking cigarettes can kill your taste buds? During this season of delicious holiday meals, do your mouth a favor and let your taste buds savor something other than smoke.</p> <p>What is your favorite dish of the season? Ours is anything pie related 🥧.</p> <p>#smokefreeoregon #nicotinefree #holiday</p>			
IG	December 26, 2021		<p>Bringing back our favorite seasonal GIF! Wherever you are, however you're celebrating, we're sending you love, peace, and smoke-free cheer!</p> <p>#smokefreeoregon #tistheseason #tobaccofree #vapefree #celebrate</p>			
IG	December 29, 2021		<p>To wrap up #SFOHERO2021, we wanted to revisit Washington County's ban on flavored tobacco! Yes, we are still over the moon about this!</p> <p>Swipe 👉 for details, if you missed the good news the first time round.</p> <p>#smokefreeoregon #yourhealthmatters #tobaccofree #publichealth #washingtoncounty</p>	<p>Reshare original Washington Co. win posts and add copy:</p> <p>To wrap up #SFOHERO2021, we wanted to revisit this recent win: Washington County officially took flavors that hook kids, out of local stores (Ordinance 878)! Yes, we are still over the moon about this. Check out the details in our post below.</p>		<a href="https://content.govdelivery.com/accounts/ORDHS/bulletins/2d71c25?fbclid=IwAR2kNKLth0bRQFnWk6Z1wDFPxO0iOpOiuEwseNzgVACoJ7uBlw0YSOGZpc0">https://content.govdelivery.com/accounts/ORDHS/bulletins/2d71c25?fbclid=IwAR2kNKLth0bRQFnWk6Z1wDFPxO0iOpOiuEwseNzgVACoJ7uBlw0YSOGZpc0</a>

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Both	December 31, 2021		<p>Twas' the night before the new year...</p> <p>As you enter 2022, we hope you remember all the great things you've accomplished by simply choosing to push forward – even in the midst of topsy-turviness! See you in the new year!</p> <p>#smokefreeoregon #newyear #tobaccofree #2022 #tistheseasontoquit</p>	<p>Twas' the night before the new year...</p> <p>As you enter 2022, we hope you remember all the great things you've accomplished by simply choosing to push forward – even in the midst of topsy-turviness! See you in the new year!</p>	