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Our Goal: Working with Medical Health Systems and Mental Health Systems to establish sustainable tobacco control.

Serving Chemung, Livingston, Monroe, Ontario, Seneca, Schuyler, Steuben, Wayne and Yates counties.

July 2016 Newsletter

Center For A Tobacco-Free Finger Lakes (CTFFL)

If you no longer wish to receive our newsletters or if you have suggestions for improvement, please contact connie_bottoni@urmc.rochester.edu.

Tobacco Free Tips

1. On your quit date, remove all cigarettes and ashtrays which can be smoking triggers.
2. Have your teeth cleaned, your teeth will look great and your mouth will feel fresh. Vow to keep them like that.
3. Write down your reasons for quitting and post it where you'll see it daily as motivation.
4. Excuse yourself when you're around others who are smoking. Don't return until they finish.
5. Exercise 15 minutes, it will help you feel more relaxed and will curb nicotine cravings.
6. Keep a list of things you can do when you're stressed instead of smoking.

Tips for Maintaining a Healthy, Smoke-free Home

- Implement a household rule that prohibits anyone from smoking tobacco products inside your home at any time.
- Support your family and neighbors who might need help to quit smoking. Refer them to NYSMOKEFREE.com or 866-697-8487 for support.
- Talk with community leaders about ways to make units and indoor common areas in multi-unit housing smoke-free.



Secondhand smoke can infiltrate into other units through hallways and stairwells.

Don't be shy when it comes to your health. Talk to your building manager about making your apartment smokefree.

cdc.gov

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