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

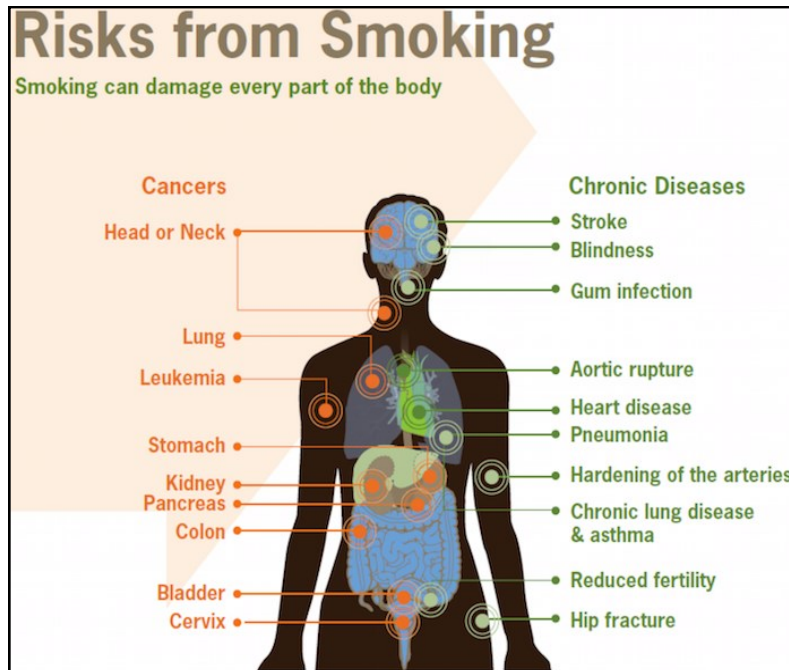
Serving Chemung, Livingston, Monroe, Ontario, Seneca, Schuyler, Steuben, Wayne and Yates counties.

May 2017 Newsletter

Center for a Tobacco-Free Finger Lakes (CTFFL)

(Previously Known As GRATCC)

EVERY CIGARETTE DOES YOU DAMAGE. TALK TO YOUR DOCTOR, MAKE A QUIT PLAN, SET A QUIT DATE AND KEEP TRYING UNTIL YOU ARE TOBACCO FREE FOR LIFE.



- TIPS TO AVOID E-cigarette (VAPE) BATTERY EXPLOSIONS**
1. Use e-cigarettes (vapes) with safety features such as firing button locks, vent holes and protection against overcharging.
 2. Keep your vape covered and avoid contact with coins or loose batteries in your pocket.
 3. Never charge your vape with a phone or tablet charger.
 4. Don't charge your vape overnight or leave it unattended.
 5. Replace the batteries if they get damaged or wet.
 6. Report to the FDA any explosion events at: www.safetyreporting.hhs.gov
*For more information visit the FDA website at: goo.gl/EUwi1V

- Did you know.....?**
- World No Tobacco Day is May 31, 2017. Follow us on Facebook on May 31 at: www.facebook.com/GRATCCOnline
 - For more information visit: <https://tinyurl.com/mokeeju>
 - Sixty Million people die from tobacco use each year.
 - Tobacco use impoverishes families and national economies especially in developing countries.
 - Growing tobacco requires large amounts of pesticides and fertilizers that pollute



For more information or to schedule a CTFFL training, contact:

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If you no longer wish to receive our newsletters or if you have suggestions for content that better meets your needs, please contact us at connie_bottoni@urmc.rochester.edu.

Referrals to the NY State Smokers' Quitline provide free and confidential assistance to help tobacco users quit smoking.

Call (866) 697-8487 or visit www.nysmokefree.com