

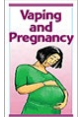

Tobacco Control Program

Available Education/Outreach Materials Available for Order









Review the following list and request materials with quantities (as supplies last) by referencing the code (and language needed if available) using the following link to a fillable form:

<https://forms.office.com/g/Gx59QQPVvp>.


E-Cigarette/Vaping Brochures


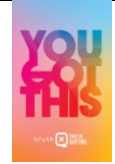
A1		<p>Vaping and Pregnancy Help women who are pregnant, or thinking about becoming pregnant, understand the dangers of vaping and using e-cigarettes. This title emphasizes that nicotine and other chemicals from vapes can harm both baby and mother and urges women who smoke to get help to quit.</p>
A2		<p>Los Vaporizadores en El Embarazo The Spanish-language adaptation of Vaping and Pregnancy</p>

Smoking Brochures






B1		<p>BecomeAnEX.org Information on how to make a plan that will help you quit and re-learn life without cigarettes. Incorporates the latest medical research and practical experience from ex-smokers. Helpful for people who have tried to quit before.</p>
B2		<p>How to Help a Friend or Family Member Quit Smoking (Spanish) This pamphlet provides helpful information for someone who is concerned about a friend or family member's tobacco use. It offers realistic suggestions for what a person can do to help, while reminding the reader that it is ultimately up to the smoker to decide when to quit.</p>
B3		<p>Protecting Our Community from Secondhand Smoke Most communities have some limits on where people can smoke, but more can be done to reduce secondhand smoke in public places, campuses, workplaces, and other places where people congregate. Readers can become clean-air advocates and support community-based strategies to reduce exposure to secondhand smoke.</p>
B4		<p>Quitting Smoking, Common Problems, Good Solutions This pamphlet provides information on getting through the initial period once you've quit smoking. It addresses everyday challenges to quitting smoking including cravings, anxiety, insomnia, depression, weight gain, and more.</p>
B5		<p>Quit Smoking for You and Your Family (English/Spanish) Concern for the health of family members can be a strong motivator to quit smoking. Using a side-by-side, English/Spanish format, this pamphlet explains the harmful effects of smoking on family members and offers practical cessation advice, giving readers both the knowledge and inspiration to quit smoking.</p>
B6		<p>Third-Hand Smoke Third-hand smoke refers to the toxins left behind by cigarette smoke on clothes, hair, furniture, and other surfaces long after a cigarette has been extinguished. These toxins are especially harmful to babies and children. Help parents and caregivers understand the dangers of third-hand smoke and how to minimize exposure and risk with this helpful title.</p>
B7		<p>Tobacco Smoke and Your Pregnancy (English/Spanish Brochure) Gives mothers-to-be essential information about how tobacco smoke can harm them and their babies with this easy to read, bi-lingual English/Spanish title. It offers suggestions on how to avoid secondhand smoke in buildings and cars and urges pregnant women who smoke to quit. Includes smoking cessation referral information.</p>
B8		<p>Your Family and Secondhand Smoke (English/Spanish Brochure) This brochure provides information on secondhand smoke and why it is harmful. It also provides tips on how to protect your family from secondhand smoke exposure and secure a smoke-free environment. Being exposed to secondhand smoke can contribute to increased risk for frequent and more severe illness, especially in children.</p>

Business Cards





C1		<p>Become An EX This business card sized pocket card is a great place to note your triggers that make you want to smoke and provides a website address for a plan to re-learn life without cigarettes.</p>
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C2		General Cessation (English and Spanish Versions Available) Quitting Tobacco is one of the most important steps you can take to save your life. When you're ready – we're here to help.
C3		You Got This "You Got This. Truth This Is Quitting. On the back it says, "If you realized needing your vape isn't a great feeling and all your money is going toward vaping...text VAPEFREEECT to 88709".


Palm Cards - (4x6)


PC1		Palm Card-Blue (English and Spanish Versions Available) "Want help quitting vaping? Try <i>This Is Quitting</i> , a free text-to-quit program". On the back it says "Quitting seems impossible, but it isn't. You'll feel like you have your life, body, and wallet back once you quit".
PC2		Palm Card-Orange, female (English and limited Spanish Versions Available) "Want help quitting vaping? Try <i>This Is Quitting</i> , a free text-to-quit program". On the back it says, "Quitting is a journey not a race".
PC3		Palm Card-Orange, male (Spanish Only limited amount) "Want help quitting vaping? Try <i>This Is Quitting</i> , a free text-to-quit program". On the back it says, "Keep going, keep pushing, you got this".
PC4		Palm Card-You Got This "You Got This. Truth This Is Quitting. On the back it says, "If you realized needing your vape isn't a great feeling and all your money is going toward vaping...text VAPEFREEECT to 88709".
PC5		Palm Card-Sticky Note Images "Need help quitting vaping? This is quitting can help". The back provides texting program details.

Fact & Tip Sheets

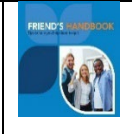
F1		Benefits of Quitting 8x11 Info sheets regarding the benefits of quitting while pregnant.
F2		Staying Tobacco Free Fact Sheet 8x11 (Available in 16 Languages) Tips and reasons to stay tobacco free. Resources of programs to help you. Available in Albanian, Arabic, Bengali, Bosnian, Simplified Chinese, Traditional Chinese, English, Haitian Creole, Karen, Khmer, Korean, Laotian, Polish, Portuguese, Spanish, and Vietnamese.
F3		Quitting Tips Fact Sheet (Available in 16 Languages, English and Spanish are available in tear-off pads, 5 x 7 with 50 sheets in a pad, other languages are available as single sheets for copying) Newer image. Here are tips to help you quit even if you have tried quitting before. Available in Albanian, Arabic, Bengali, Bosnian, Simplified Chinese, Traditional Chinese, English, Haitian Creole, Karen, Khmer, Korean, Laotian, Polish, Portuguese, Spanish, and Vietnamese.
F4		Quitting Tips Tear off pads (5 x 7, 50 sheets in a pad) Tips for helping you quit. When you're ready, we're here to help. 1 out of 2 people who continue to smoke will die early because of their smoking. There are many reasons to quit. Find yours and write them down to remind you why you are quitting.

Posters

P1		If You Smoke While You are Pregnant (English & Spanish Versions) 8x11 What you need to know to keep your baby healthy even if you don't smoke. If you smoke while you are pregnant, toxic chemicals you breathe in from cigarettes can harm you and your unborn baby.
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P2		Mommy Quit Smoking (English & Spanish Versions) Quitting tobacco is one of the most important steps you can take to keep you and your baby healthy and strong. 8 X 10 Poster
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Booklets

H1		Friend's Handbook Someone important to you has asked you to help them quit smoking, vaping, or using other tobacco products. Quitting is hard work, and your support can play a big role in helping him/her to be successful. A quit friend should be understanding, supportive and caring. This handbook is for you. It will provide you with information about quitting and tips on how to help.
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Metal Signs

* *Not available to be mailed, pickup in Hartford only*
 * *To support partners with successful smoke and vape-free policies*

S1		THIS IS A SMOKE AND VAPE FREE ZONE, THANK YOU FOR NOT SMOKING OR VAPING sign
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S2		THIS IS A SMOKE AND VAPE FREE ZONE, THANK YOU FOR NOT SMOKING OR VAPING sign
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