



Tobacco-Free Times

California Smokers' Helpline 1-800- NO-BUTTS

www.humanresponsenetwork.org/anti-tobacco

Fall 2011

Changes to Medi-Cal Makes it Easier to Quit

Beginning on July 1, 2011 Medi-Cal began covering the popular quit smoking medication Chantix for its plan participants. Medi-Cal also covers Zyban and nicotine replacement products such as patches, gum, lozenges, and inhalers.



Before beginning any program or medication to quit tobacco use, it is a good idea to talk to your doctor to see if it is right for you. Studies show that the most effective way to quit is by using a combination of drug therapy (such as Chantix or a nicotine replacement product like the patch) and counseling. The CA Smokers' and Chewers' Helplines offers free, anonymous counseling over the phone to help you quit. Call 1-800 NO BUTTS for more information.

Did you know?



Free Nicotine Patches from the CA Smokers' Helpline

For a limited time, the California Smokers' Helpline is sending free nicotine patches to callers from Trinity County. Eligible tobacco users who call 1-800-NO-BUTTS and enroll in the free telephone-based quitting program will receive a free two-week starter kit of patches, while supplies last.

The patches are an FDA-approved treatment proven to help smokers kick the habit. They release nicotine into the bloodstream through the skin, reducing withdrawal symptoms and slowly weaning smokers off nicotine.

“Helpline counseling doubles smokers' chance of success in quitting,” according to Christopher Anderson, the Helpline's Program Director.

“People who use both counseling and a quitting aid, such as the patch, have the best chance of quitting for good. So now is a perfect time to make that call and get started.”

The free patches will be distributed on a first-come, first-served basis to those who call 1-800-NO-BUTTS.



111 Mountain View St., P.O. Box 2370, Weaverville, CA 96093 (530) 623-2024 or 1-800-358-5251
Hayfork Office (Community Center) Tule Creek Rd. 628-4565 Mon. Wed. & Fri. 9 a.m.-3 p.m.
Crisis Line 623-HELP 24 hrs. collect ok

Publication paid for by the California Department of Public Health

Third-Hand Smoke: What It Is and How It Hurts Your Family

Tobacco smoke is full of toxic chemicals. But did you know you don't have to smoke, or even be near a smoker, to be harmed by tobacco?

What is third-hand smoke?

- Third-hand smoke refers to the toxins from cigarette smoke that stick to surfaces like clothes, furniture, bedding, walls, and car seats.
- Third-hand smoke residue builds up on surfaces over time and resists normal cleaning. Third-hand smoke can't be eliminated by airing out rooms, opening windows, using fans or air conditioners, or confining smoking to only certain areas of a home. Third-hand smoke remains long after smoking has stopped.



What does it do?

- Third-hand smoke can harm children. The levels of toxins can build up to dangerous levels in the body. This can cause learning problems for children.
- Third-hand smoke can harm babies. Babies can get the toxins from clothes, baby blankets, car seats, floors, furniture, and other household surfaces.

What can you do about it?

- Keep your home and car smoke-free.
- If you smoke, wear a shirt or jacket that you can leave outside after you smoke.

Chew on this...
Smokeless tobacco contains 28 Cancer-causing chemicals.



For free help to quit call 1-800-844-CHEW

FREE Quit Kits available at Human Response Network