

HOW CAN YOU MAKE A DIFFERENCE?

Smokers and Non-Smokers

Make your homes and cars tobacco-free

Refuse tobacco industry sponsorship of events and refuse tobacco industry-sponsored materials or magazines in your offices or classrooms

Use or tell your loved ones about the Oklahoma Tobacco Helpline at 1-800-QUIT NOW

Encourage your elected officials to support strong public policy that will protect the public and workers from secondhand smoke, and prevent initiation of tobacco use

Join a coalition and make a difference in your community

Health Care Professionals

Ask your patients about tobacco use

Advise them to quit

Refer them for coaching and support

Prescribe or recommend cessation medications

Follow-up at subsequent visits

Business Owners and Managers

Become an Oklahoma Certified Healthy Business

Establish a tobacco-free property policy for your business, indoors and outdoors

Offer smoking cessation to your employees through insurance coverage or wellness programs

Promote the Oklahoma Tobacco Helpline 1-800-QUIT-NOW

Sponsor a local coalition's activities or events

School boards, faculty and staff, parents and students

Join together to adopt 24/7 tobacco-free campus policies that include sporting and other events

Make time to integrate tobacco prevention into the core curriculum

Support a Students Working Against Tobacco (SWAT) team by sponsoring activities, becoming an adult facilitator, or joining up and getting your friends involved

City Councils, Community Leaders, and Concerned Citizens

Join together to pass strong local ordinances and voluntary policies to protect the public and workers from secondhand smoke, and prevent initiation of tobacco use

Sponsor a local coalition's activities or events

TOBACCO STOPS WITH ME.

WWW.STOPSWITHME.COM



