



Becoming tobacco-free!

Westmoreland Cooperative Extension

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YOUR BOTTOM LINE

Going smoke-free can be good for business! New York State businesses, including restaurants and hotels, went smoke-free in April, 2003. In spite of fears that the new law would create loss of revenue, 80% of New York City's hotel rooms were filled in June a figure higher than many in the hospitality industry expected. In July, hotel revenues began to rise for the first time in nearly three years proving that smoke-free was good for business.

Call us for free information on how you can change your smoking policy and become a tobacco-free environment benefiting your employees, customers, and your bottom line!

HEALTH ALERT!

A good reason not to start smoking or to quit before getting pregnant: researchers found that babies born to women who smoke while pregnant are at increased risk of serious health problems, chronic disabilities, and Sudden Infant Death Syndrome. This results in added stress to families and increased medical costs. *March of Dimes Birth Defects Foundation*

THE GREAT AMERICAN SMOKEOUT

is an annual event sponsored by the American Cancer Society to help smokers give up cigarettes for one day. This year it occurs on Thursday, November 20. We can provide a FREE motivational speaker at your worksite and/ or information that you can distribute to employees on quitting tobacco. Research says folks need to hear a message 99 times before taking action!

Reminding employees that non-tobacco users have fewer health problems and helping them obtain resources to quit are good for your bottom line.

SALUTE TO THERMAL INDUSTRIES, INC.

Beginning November 5, Thermal Industries, Inc. of Murrysville, will help their employees become tobacco free with our free How to Quit classes at work. We can also arrange free classes for your business. Call 724-837-1402.



CIGARETTES ARE THE NUMBER 1 CAUSE OF FIRE IN THE HOME.

HOW TO QUIT TIPS!

Smoking and using chew tobacco are both an addiction and a habit. If you are serious about quitting, make using tobacco uncomfortable. Keep your tobacco out of reach such as in the trunk of your car.

Begin to use the 4 D's to help cut down when the urge to use tobacco hits:

The 4 D's

Delay using tobacco at least 5 minutes. The urge will often pass whether you smoke or not. Meanwhile,

Deep breathe 5 times, slowly in through the nose and out through the mouth.

Drink a glass of water. It helps flush the nicotine from your system.

Do something. Chew cinnamon gum, go for a walk, wash your hands, read a book to your child.

GETTING READY TO QUIT?

Check our website for tips to quit tobacco or for classes www.westmorelandtobaccofree.org For help to quit 24 hours a day, call the Pennsylvania FREE Quitline: 1-877-724-1090.

Please feel free to copy this newsletter to share with employees. This newsletter can also be accessed on our website.