

DID YOU KNOW...

**SANTA MARIA
HOSTEL,**

ITS ENTIRE CAMPUS, GROUNDS
AND PARKING LOTS

BECOME TOBACCO FREE

FEBRUARY 1, 2019

LAWN SIGN

QUITTING SMOKING
is the most important step you can take to protect your and your baby's long term health.
It's never too late to quit smoking.

SMOKING BEFORE PREGNANCY
...
SMOKING DURING PREGNANCY
...
SMOKING AFTER BIRTH
...
HOW TO GET HELP

SMOKING CIGARETTES BEFORE, DURING & AFTER BIRTH CAN HARM YOUR BABY.
This includes using electronic cigarettes, or the so-called "e-cigarettes."

SANTA MARIA
Integral Care

EXPOSURE TO SECONDHAND SMOKE
harms our families, resulting in 42,000 deaths annually in the United States (U.S.).

IN TOTAL, 80% OF U.S. CHILDREN AGED 0-11 YEARS (20 MILLION CHILDREN) AND 80% OF NONSMOKING ADULTS ARE EXPOSED TO SECONDHAND SMOKE.

PREVENTION MYTHS

How to get help

SANTA MARIA
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SMOKING
CESSATION
POSTERS

SANTA MARIA

DID YOU KNOW...

- Quitting smoking can save you between **\$1,300 - \$1,800 a year**
- Smoking during pregnancy increases the risk of **miscarriages and low birth weight**
- Secondhand smoke causes **Sudden Infant Death Syndrome (SIDS)** in infants as well as **severe asthma and ear infections** in children
- Quitting smoking increases likelihood of **long-term recovery by 25%**
- Smoking can cause **diabetes** & make managing it difficult
- Tobacco use leads to **17 different types of cancer**

Breathe a sigh of relief

Talk to your counselor about how you can get free nicotine replacement therapy and individualized support to help you quit smoking.

We're here for RecovHery

TREATMENT & FACTS BANNER

SANTA MARIA

TOBACCO FREE FACILITY

SMOKING, VAPING AND USE OF SMOKELESS TOBACCO PRODUCTS IS PROHIBITED WHILE ON THE PROPERTY INCLUDING OUTDOOR AREAS.

WE APPRECIATE YOUR COOPERATION!

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PARKING
SIGNAGE