

## Why is it important to have a tobacco-free policy here for those who are trying to quit?



### Out of sight, out of mind.

#### Most people who use tobacco products want to quit.

- If you want to quit, it helps to not see others smoke or use tobacco, or to walk past groups of people smoking or using tobacco to enter or leave the building.

#### Smoking is 5x more common among people experiencing homelessness than those who are not.

- Tobacco-free policies can motivate smokers to quit and change norms about smoking, ultimately reducing rates of disease and early death.

#### Secondhand smoke exposure contributes to about 41,000 deaths each year.

- Tobacco-free policies protect everyone, even non-smokers, from tobacco-related diseases and death.

#### If you stick with it, quitting smoking has been shown to improve mental health symptoms (less depression, less anxiety).

- Ask a health provider or shelter staff (if/as applicable) for assistance with quitting; if you do not get help, keep asking more people until you get the assistance you need.

# Look for signs.



**Get familiar with the policies of the agencies where you stay or receive services and follow those rules.**

- Tobacco-free policies are there to protect everyone.
- Remember, we are not telling you that you cannot use tobacco—we just want to make it easier for you or others to quit if they want to try.
- It can often take several tries to cut down or quit tobacco use. If it does not work, try again.

## How to get help

- Ask your doctor, other health care provider, or shelter staff (if/as applicable) for help to quit.
- Call 1-800-QuitNow for free help.
- Visit [www.smokefree.gov](http://www.smokefree.gov) for a step-by-step quit guide.
- Explore the resources at [www.TakingTexasTobaccoFree.com](http://www.TakingTexasTobaccoFree.com).