

YOUR FAMILY FIRST

LASSEN COUNTY TOBACCO PROGRAM OFFICIAL NEWSLETTER



MAKING THE MOST OUT OF YOUR SPRING

PEOPLE OFTEN THINK OF SPRING AS A NEW BEGINNING. FROM SPRING CLEANING TO REVAMPING THOSE FLOWER BEDS AND HELPING THE CURB APPEAL OF YOUR HOME. FOR SOME OF US IT'S ABOUT FORMING NEW HEALTH HABITS. WARMER WEATHER AND THE REJUVENATING SPIRIT OF THE SEASON CAN BE MOTIVATING FOR IMPROVING YOUR WELL-BEING.

- A FEW SPRING TIPS:
- Be mindful of sun exposure.
 - Recognize allergy symptoms.
 - Watch out for second-hand smoke and vapor.

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MEDIA CAMPAIGN

THE TOBACCO USE REDUCTION PROGRAM, USING DIFFERENT PLATFORMS, IS UNDERTAKING A MEDIA CAMPAIGN ON THE DANGERS OF TOBACCO.

DON'T LET BIG TOBACCO FOOL YOU. WHETHER FLAVORED OR NOT, TOBACCO IS STILL DANGEROUS. FOR MORE INFO, LOOK FOR US IN:

- Mountain valley living.
- Lassen times.
- Your local movie theaters



NEW RESEARCH ON TOBACCO

- Approximately 99 percent of formaldehyde from E-Cigs stay in the body.
- Vape pens or E-Cigs explode, causing blindness, burns, and sometimes, death.



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Protect your family from the dangers and harmful effect of nicotine and tobacco exposure. Keep up with facts about tobacco and their efforts to target your family.

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