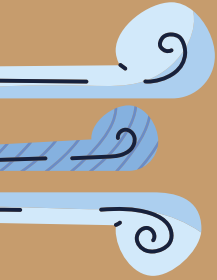


Mil Gracias for Not Smoking Indoors!



We all share air with each other, especially at home.

Smoking indoors is harmful. Many smokers already choose to smoke outside to avoid exposing their families. Few may realize that smoking inside multifamily housing such as apartments and condominiums exposes everyone in the building, not just in the smoker's unit.

Lungs can only take so much. COVID-19 has made it more important than ever to protect the airways & lungs of our families, friends, and neighbors.

1 Understand COVID-19 is a huge problem, and secondhand smoke can make it worse

Bexar County is experiencing an unprecedented rise in COVID-19 cases. The cost per hospitalization may exceed \$40,000. The costs to families, the city, the healthcare system, and taxpayers are immense.

We know that smokers are far more likely to develop severe COVID-19. Evidence shows that people who vape are much more likely (5x) to be infected with the virus. Secondhand smoke irritates and inflames the airways and lungs and increases susceptibility and severity of viral infections.

2 Understand secondhand smoke harms health

Secondhand smoke is linked to 41,000 deaths among nonsmoking adults and 400 deaths in infants each year. It is linked to:

- Several cancers
- Heart disease/stroke
- Ear infections
- Respiratory infections
- Lung diseases/COPD
- SIDS
- Asthma

HUD banned smoking in public housing 2018!



3 Stop smoking to protect yourself, family, neighbors

QUITXT

Join Quitxt, a free UT Health San Antonio service that turns your phone into a stop-smoking coach!

4 Take action with "Mil Gracias" salud-america.org/milgracias

- ✓ Email a "thank you" message to a smoker for not smoking indoors to keep families healthy
- ✓ Sign a letter to acknowledge the harms of smoking and secondhand smoke
- ✓ Share the benefits of reducing secondhand smoke exposure in multifamily dwellings where air is shared—including apartments & condos—to protect our most vulnerable people, especially amid this pandemic

Quitxt provides in English or Spanish:

- Help setting a quit date
- Alternatives to smoking
- How to build a support team
- How to use gum, patches, NRT
- Help with cravings in real time
- Tips to beat stress, temptations



Search QuitxtCommunity in Facebook Messenger and hit "get started"; busque QuitxtComunidad en Facebook Messenger y haga clic en "empezar"



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