

FALL NEWSLETTER

Tobacco Use Reduction Program

FEATURED STORIES THIS MONTH:

Vaping Illness

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Fall is the perfect cozy season. It is finally cool enough outside to start wearing layers and bringing out blankets. However, cozy isn't just about being warm. It is a combination of rest, relaxation, comfort, and peace.

Sometimes we need to slow down a little. Life gets so busy and moves so fast, that most of the time we forget to include time to relax. And even when we do try to relax, normally our minds are racing and not really experiencing any peace. This fall, let's try and be more intentional about giving time to ourselves, to rest and relax. Time to be cozy!



VAPING ILLNESS OUTBREAK: WHAT WE KNOW SO FAR

NPR News

An outbreak of severe lung disease among users of electronic cigarettes continues to spread to new patients and states, and public health officials say it's too soon to point to a cause. Here's what we know so far about the outbreak.

What seems to be causing the illness?

The CDC suspects "chemical exposure," but experts have not yet identified a specific agent as the culprit. There is no definitive link to any brand of device, ingredient, flavor or substance. The outbreak has affected users of both THC- and nicotine-containing products.

What are the symptoms?

Patients report experiencing rapid onset of coughing, weight loss and significant breathing difficulties. Other symptoms may include nausea, vomiting and diarrhea.

Is vitamin E involved?

Possibly. "No one substance, including Vitamin E acetate, has been identified in all of the samples tested."

How can a vape user stay safe?

The CDC recommends that any vape user concerned about these health risks refrain from using e-cigarettes altogether. If someone is unable to stop vaping, the CDC suggests they monitor themselves for symptoms and seek prompt medical attention if they experience cough, shortness of breath, chest pain or nausea and vomiting.

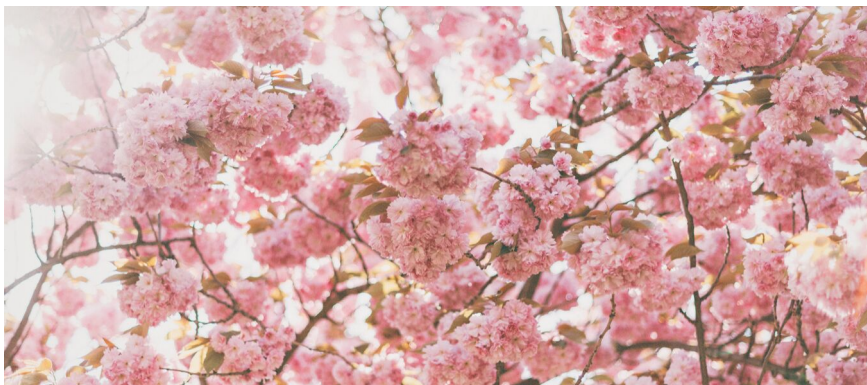
To paraphrase the old Byrds song, to everything, there is a season. Shorter days and cooler nights mean it's time to take some steps around the house, and within your family, to keep yourself and your loved ones safe during the transition to winter.

**" I hope I can be the
autumn leaf, who
looked at the sky and
lived. And when it
was time to leave
gracefully it knew
life was a gift."
Dodinsky**



FALL SAFETY TIPS

1. Check around the furnace before turning on the heat for the first time. Make sure there's nothing near it that's flammable. It's also a good idea to have your furnace inspected before winter sets in. If you have radiators, remove anything that's sitting on top of them before the heat comes on.
2. Change batteries when you "fall back." Smoke alarms most often fail to sound an alarm because of missing, dead or disconnected batteries.
3. Use space heaters safely. Remember to keep combustibles "three feet from the heat" or "a meter from the heater."
4. Buy your winter storm supplies now. Don't wait until the snow starts.
5. Clean leaves out of your gutters every week in the fall. When you do, make sure you're using the right ladder for the job and using it properly.
6. Get your car ready winter. Stock the trunk with a blanket, hat and gloves, a bag of salt, sand or non-clumping kitty litter for traction, plus extra windshield fluid and of course, an ice scraper and shovel.



Free Quit Services

The California Smokers' Helpline provides a number of services to help smokers and other tobacco users quit. All services are free.

1. Telephone Counseling

You can develop a quitting plan that's right for you—by working one-on-one with a trained telephone counselor. Helpline counseling is easy, convenient, and has been proven to double smokers' chances of quitting for good. Counselors are available weekdays, 7 a.m. to 9 p.m., and Saturday, 9 a.m. to 5 p.m. Or sign up 24/7 online.

2. Text Messaging

Want a little extra support via text messages? You can receive texts each day during the first important weeks of quitting. Text messages are tailored to help at critical points along the way.

3. The No Butts Mobile App

Want help to quit smoking while you're on the go? The No Butts mobile app offers quick and tailored help, right from the palm of your hand. Created by the California Smokers' Helpline, No Butts uses proven methods to help you quit, like a personalized quit plan and information on effective quitting aids. The No Butts mobile app offers quick and tailored help, right from the palm of your hand.

4. Self-help Materials

To receive a free packet of materials explaining the nuts and bolts of quitting, call 1-800-NO-BUTTS.



LOCAL FALL EVENTS

Tobacco Use Reduction Program

Reading Adventure at Sierra Theatre 9/28/19

Bizz Johnson Marathon 10/12/19

Rail to Trails Festival 10/12/19

The Susanville Swing Dance 10/18 -10/19

Frightmare Forest 10/18, 10/19, 10/25, 10/26, 10/31

Best of Broadway 10/26/19

Safe and Sane Halloween 10/31/19

Best of Broadway 11/3/19

Nutcracker Performance 11/23/19

Reading Adventure at Sierra Theatre 11/2/19

Santa Sleigh Days 11/5/19

Christmas in the Mountains 11/6/9

Magical Country Christmas 11/7/19

A Susanville Christmas 12/20 - 12/21