HOW CAN YOU MAKE A DIFFERENCE?

Smokers and Nonsmokers

- Make your homes and cars tobacco-free
- Refuse tobacco industry sponsorship of events and refuse tobacco industry-sponsored materials or magazines in your offices or classrooms
- Use or tell your loved ones about the Oklahoma Tobacco Helpline at 1-800-QUIT NOW
- Encourage your elected officials to support strong public policy that will protect workers from secondhand smoke, and prevent initiation of tobacco use
- Join a coalition and make a difference in your community

Health Care Professionals

- Ask your patients about tobacco use
- Advise them to quit
- Refer them for coaching and support
- Prescribe or recommend cessation medications
- Follow-up at subsequent visits

Business Owners and Managers

- Become an Oklahoma Certified Healthy Business
- Establish a tobacco-free property policy for your business, indoors and outdoors
- Offer smoking cessation to your employees through insurance coverage or wellness programs
- Promote the Oklahoma Tobacco Helpline 1-800-QUIT NOW
- Sponsor a local coalition's activities or events

School boards, faculty and staff, parents and students

- Join together to adopt 24/7 tobacco-free campus policies that include sporting and other events
- Make time to integrate tobacco prevention into the core curriculum
- Support a Students Working Against Tobacco (SWAT) team by sponsoring activities, becoming an adult facilitator, or joining up and getting your friends involved

City Councils, Community Leaders, and Concerned Citizens

- Join together to pass strong local ordinances and voluntary policies to protect the public and workers from secondhand smoke, and prevent initiation of tobacco use
- Sponsor a local coalition's activities or events

TOBACCO STOPS WITH ME.  
StopsWithMe.com
Tobacco is Oklahoma's leading cause of preventable death, killing more Oklahomans each year than alcohol, auto accidents, AIDS, suicides, murders and illegal drugs combined.

In addition to the 6,200 Oklahomans who die each year from tobacco, another 124,000 Oklahomans suffer from a serious tobacco-caused disease.

Secondhand smoke exposure causes heart disease, cancer and respiratory disease among nonsmokers, killing an estimated 700 Oklahomans each year.

Tobacco use costs Oklahomans over $2.8 billion annually in medical expenses and lost productivity, or an average cost of $750 for every Oklahoman every year.

Every ninety minutes in Oklahoma, a child becomes addicted to tobacco.