

Manalapan - Township

COMMUNITY ALLIANCE TO PREVENT ALCOHOLISM AND DRUG ABUSE

120 Route 522 • Manalapan, NJ 07726 • 732-446-8345 • Fax 732-446-1576

Website: www.mtnj.org



May 31st is WORLD NO TOBACCO DAY

The use of tobacco poses a major health risk to many consumers. Not only can it create serious long-term health problems, it even kills half its users. World No Tobacco Day is an event focused on educating those on the risks and consequences on using cigarettes and tobacco products. It is important for the health of those smoking and for the health of those around them that tobacco use eliminated.

Second-Hand Smoke is Deadly:

- **In adults it can cause coronary heart disease, lung cancer, and other cardiovascular and respiratory diseases**
- **It causes sudden death for infants**
- **It can result in low birth rate for pregnant women**
- **It causes more than 600,000 pre-mature deaths per year**
- **28% of deaths caused by second-hand smoke are of children**

Parenting Tips for Prevention of Smoking:

- **Use Clear, Direct Messages:** Tell your children honestly and directly not to smoke tobacco
- **Set a Good Example:** Children of parents who smoke are more likely to smoke themselves
- **If You do Smoke, Quit:** Tell your children how difficult it is to quit and DO NOT smoke in front of your children

- **Tobacco-Free Schools:** If your child's school does not have a tobacco-use prevention education, encourage its development
- **Do Not Use Threats or Ultimatums if a Child is Found Smoking:** Instead ask why he or she decided to smoke and have an open conversation about it

How to Quit Smoking:

- **Set a Quit Date:** Choose a date within the next two weeks; this will give you enough time to prepare without losing the motivation to quit
- **Tell your Friends, Family, and Coworkers:** Ask for their support and find a quit-buddy who wants to stop smoking as well
- **Anticipate and Plan for Challenges:** Plan for challenges such as nicotine withdrawal and cigarette cravings
- **Remove All Cigarettes and Tobacco Products:** Throw away all products from your home, car, and work and wash away the tobacco smell
- **Talk to your Doctor about Quitting:** He may prescribe medication to help with withdrawal symptoms or other issues. If you cannot see a doctor there are over-the-counter products you can try as well

For more information contact the Manalapan Township Health Department:

Hours:

Monday-Friday, 8:30 a.m. – 4:30 p.m.

Location:

Manalapan Town Hall

120 Route 522 & Taylors Mills Road, Manalapan, NJ 07726

Phone: (732) 446-8345

Fax: (732) 446-1576



Our mission is to meet the need for comprehensive alcohol and drug abuse planning awareness and programming to create community-level change in Manalapan Township and Englishtown Borough.