



## Cerro Gordo County Department of Public Health

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MEDIA RELEASE

November 15, 2016

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### Health Department Recognizes the Great American Smoke Out

(Mason City) – The Cerro Gordo County Department of Public Health and the Partnership for a Tobacco Free Cerro Gordo County are celebrating the Great American Smoke Out (GASO), Thursday, November 17, 2016.

The Partnership encourages everyone in the community to participate in the event. Electronic smoking is still smoking. If you or someone you know uses anything from the old fashioned conventional cigarette to the new-fangled products, give the Great American Smoke Out a try. Nicotine is highly addictive and very dangerous in any form. The Smoke Out is a day set aside to help you put down the cigarettes, chew or other nicotine product and quit for the day. Individual participants are invited to stop at Public Health this week to pick up their FREE Quit Kit – a bag of ideas and tools to tame the cravings.

The benefits are vast and range from improved finances and personal relationships, to an enhanced quality of life. Tobacco users will immediately feel the health benefits. Within 20 minutes, nicotine users in general could drop their heart rate and blood pressure back into a normal zone. Within 12 hours, smoker's carbon monoxide levels in the blood will also return to normal. Quitting may be the single most effective thing you can do to improve your life expectancy.

The Partnership and Cerro Gordo County Department of Public Health offer a number of tobacco cessation and prevention resources around the year:

- Worksite Freedom From Smoking Clinics
- Tobacco-free worksite samples are available at [cghealth.com](http://cghealth.com)
- Customizable tobacco cessation challenges
- FREE Quit bag starter kits (while supplies last)
- Quitline Iowa enrollment with eight weeks of free Nicotine Replacement Therapy by calling 1-800-QUIT-NOW. Also, FREE periodic Quitline marketing tools for your worksite.
- Useful tobacco education models, FREE to check out and use for your wellness programming.
- Trainings for medical providers to better assist patients who want to quit.

Whether the Great American Smoke Out is the only day you quit or the first day to a tobacco free life there are resources that will help along the way. Start by reaching out. Call Quitline

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Web site: [www.cghealth.com](http://www.cghealth.com) • Twitter page: <http://twitter.com/CGPublicHealth>

lowa to see if you qualify or if Nicotine Replacement Therapy products are a good fit to assist with your transition.

For more information on the resources listed above, please call Penny McCaslin at (641) 421-9329 or visit our website at [www.cghealth.com](http://www.cghealth.com).

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