

CLEAN AIR FOR ALL

THE SMOKE-FREE PUBLIC HOUSING PROJECT

March 24, 2020

Smoking Cessation: Now is a Good Time to Remind Residents about Free Support

Experts suggest that people who smoke may be at higher risk of a severe COVID-19 infection (see bottom). Public housing residents have may increased interest in quitting or cutting back on smoking in light of this information. PHAs should remind residents of the free smoking cessation support that is available nationwide by calling 1-800-QUITNOW.

Two Simple Ways to Remind Residents about Smoking Cessation Support



Order [1-800-QUITNOW cards](#) from the Smoking Cessation Leadership Center to distribute to residents.



Print and display this [poster](#) from the Centers for Disease Control in common areas of PHA buildings.

Additional Smoking Cessation Options from the American Lung Association

Freedom From Smoking Plus FREE Membership

Now - April 30, 2020 (or until supplies last), individuals currently enrolled or interested in enrolling in an in-person group Freedom From Smoking clinic will be eligible to receive a free one-year membership to American Lung Association's premiere cessation program Freedom From Smoking through our online option [Freedom From Smoking Plus](#). (\$99.95 value) Freedom From Smoking Plus is self-paced, accessible through any digital device including smartphones, tablets, laptops or computer and designed to provide one full year of continuous support in quitting and maintaining a tobacco-free lifestyle.

In addition to a comprehensive quit program, participants will also be encouraged to join our Freedom From Smoking Inspire Online Discussion and Support Community to stay connected with others along their quit journey, give and receive peer-to-peer support every step along the way, all staying connected and engaged, while following social distancing guidelines.



Smoking or Vaping May Increase the Risk of a Severe...

Smoking or vaping could make you more vulnerable to a severe infection with the novel coronavirus, some experts say. Although there have not been many studies investigating this link specifically, a wealth of evidence suggests that smoking...

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Clean Air for All: The Smoke-Free Public Housing Project is a collaboration of [Live Smoke Free](#) (LSF) a program of the Association for Nonsmokers - Minnesota and the [National Association of Housing and Redevelopment Officials](#) (NAHRO). This project is made possible with funding from the Robert Wood Johnson Foundation.