

Smoking Break Alternatives

Chew a piece of **GUM** • Blow **BUBBLES** • Take a short **WALK**
REVIEW for your next class • **BRUSH** your teeth • Drink **WATER**
DRAW a picture • **LOOK** at a cloud, tree or bird • **WRITE** 10 things
you like about yourself • **DOWNLOAD** a quit smoking app

Resources to Help You Quit Smoking

De Anza College Health Services (FREE)
408.864.8732 or lomaxmaryjo@deanza.edu



BREATHE
CALIFORNIA

408.998.5865

www.lungsrus.org/Programs/Tobacco_programs/ash_kickers.htm

Stanford Stop Smoking Program

(Research study is FREE, but must be eligible)
1.877.331.3352 • stopsmoking.stanford.edu

The California Smokers Helpline

www.californiasmokershelpline.org
English: 1.800.NO.BUTTS (1.800.662.8887)
Spanish: 1.800.45.NO.FUME (1.800.456.6386)
Mandarin/Cantonese: 1.800.838.8917
Korean: 1.800.556.5564
TDD/TTY: 1.800.933.4833

Tobacco Chewers' Hotline: 1.800.844.CHEW (1.800.844.2439)

QuitNet: www.quitnet.com

The Stop Smoking Center: www.stopsmokingcenter.net

Become an Ex: www.becomeanex.org



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In order to provide a safe learning and working environment for students and employees, smoking is prohibited in all indoor and outdoor campus locations, with the exception of designated smoking areas.

– Board Policy 3217

PLEASE RECYCLE

Cigarette Butts Are Litter!

Please do not leave cigarette butts on the ground in the parking lots. Throw cigarette butts (and other trash) away in the nearest trash receptacle. Take pride in your campus and help keep it clean and beautiful.