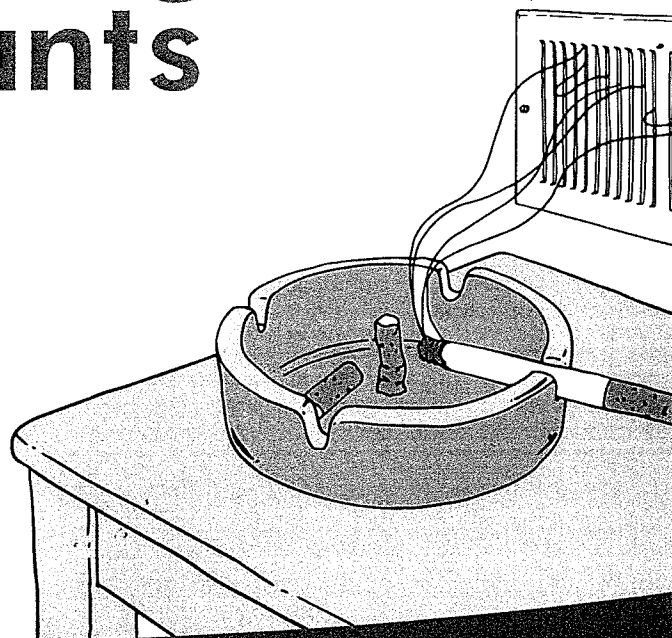


Healthier Buildings, Healthier Tenants

Just A Reminder:

While your Housing Authority may already be smoke-free, the U.S. Department of Housing and Urban Development (HUD) requires all Public Housing Authorities to implement a **smoke-free** policy by July 30, 2018.



Glens Falls Hospital
HEALTH PROMOTION CENTER



North Country
HEALTHY HEART
NETWORK, INC.



fix it!
Live Tobacco-Free

Did you know?

A smoke-free building means smoking is not allowed anywhere inside the building. In addition, no one may smoke within 25 feet of any building on PHA grounds. Some PHA's have created an even larger smoke-free boundary, so check with your housing authority.

You don't need to quit tobacco to live here, but if you want help managing cravings or decide you're ready to quit:

There's help available!

Medicaid covers counseling and these quit smoking aides!

- Nicotine Replacement Patch
- Nicotine Replacement Inhaler*
- Varenicline (Chantix)*
*by prescription only
- Nicotine Replacement Gum
- Nicotine Replacement Nasal Spray*
- Nicotine Replacement Lozenge
- Bupropion (Wellbutrin, Zyban or Generic)*

See your primary care provider
or this health system for help:

Behavioral Health Services North, (518) 563-8000 ext. 227

CALL OR LOG ONTO THE NEW YORK STATE
QUITLINE FOR SUPPORT AND RESOURCES

Clinton County Mental Health & Addiction Services, (518) 565-4060

UVM-Champlain Valley Physicians Hospital, (518) 314-3633



New York State
Smokers' Quitline
1-866-NY-QUITS