



San Francisco Department of Public Health

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FOR IMMEDIATE RELEASE

San Francisco supports the Great American Smokeout

November 16th is the day you break up with cigarettes

For decades, the American Cancer Society has named the third Thursday of November the Great American Smokeout. This is a day when thousands of people who smoke cigarettes challenge themselves to try a day without smoking. For many San Franciscans, this day can represent the first steps in a long term plan to become a non-smoker for life. To celebrate and support our residents, the San Francisco Department of Public Health will be distributing our free smoking “quit kits” at Civic Center Plaza, just across from City Hall. Anyone can stop by for a free kit, which includes educational materials about quitting smoking, as well as mints, toothpicks, a reusable water bottle, and other items. Quitting with the support of friends, joining a class at Zuckerberg San Francisco General Hospital, calling 1-800-NO-BUTTS for the smoker’s helpline, or using an cell phone app from the American Cancer Society are all great ways to become a non-smoker!



- What: Great American Smokeout, to support smokers as they try quitting cigarettes
- When: Thursday, November 16th from 11:00 am to 2:00 pm
- Where: Civic Center Plaza, on the east side of City Hall, just across Polk Street in the plaza
- Who: San Francisco Department of Public Health (the Tobacco Free Project)
- Raincheck: Anyone who wants a kit mailed to them and cannot make it to Civic Center, please order by calling us at (628) 206-7668 or online at www.sfquits.org

For help to quit smoking: www.sftobaccofree.org/you The Tobacco Free Project will be offering a first-ever 3 hour quit smoking clinic to give people the core tools to quit smoking Thursday, December 7th from 11 am-2 pm. Call for details and to reserve a spot (628) 206-7668.