

Quitting

Quitting Our guess is that you're reading this page because you're worried you'll have to quit smoking if Cleveland passes a 100% Clean Indoor Air Law, or because you want to quit and are looking for help. 1) Clean Indoor Air laws do NOT force smokers to quit. And, as much as we understand that smoking is hazardous to your health, the Campaign is not looking to convert people from their addictive habit. In fact, some of our biggest supporters are smokers — like Mike Frangos, owner of Rascal House Pizza, the first restaurant in Cleveland to endorse the Campaign. Smokers (and former smokers) are among the most knowledgeable people about the hazards of tobacco smoke (PDF). Most understand that the habit can hurt people around them, who breathe secondhand smoke against their choice (PDF). By eliminating smoking in all workplaces and public indoor areas, our Campaign is working to protect everyone's health and safety. We're advocating for a fair law that gives everyone the choice not to smoke at work. 2) Do you want to quit? Just in case you are reading because you want help kicking the habit, allow us to be the first to congratulate you on a very difficult but healthy choice. You have a tough road ahead, so here are some resources that we hope will help: · Free Ohio Tobacco Quitline: 800-934-4840 Cuyahoga County Comprehensive Partnership for Tobacco Reduction