

## Smoking Break Alternatives

Chew a piece of gum. Have a cup of herbal tea, juice or sparkling water. Read a poem. Take a short walk. Look at a cloud, tree, or bird. Re-live a pleasant memory. Draw a picture. Freshen up in some way. Write ten things you like about yourself. Talk to your instructor or classmates after class. Eat a healthy snack. Write down ideas, dreams or fantasies you have for the future. Think about quitting.

## Local Programs to Help You Quit Smoking

### De Anza College Health Services (FREE)

(408) 864-8903 email: lomaxmaryjo@deanza.edu

### American Lung Association

(408) 998-5864 [http://www.lungsrus.org/tobacco\\_class.htm](http://www.lungsrus.org/tobacco_class.htm)

### Camino Medical Group

(408) 523-3222

### Kaiser Permanente (FREE for members)

(408) 972-3340 <http://members.kaiserpermanente.org/kpweb/classes/search.do>

### Santa Clara County Public Health Tobacco Prevention Program (FREE)

(408) 494-7836 (English, Khmer); 494-7827 Spanish; 494-7856 Vietnamese  
<http://www.sccphd.org/tobacco>

### Stanford Stop Smoking Program (FREE)

1-866-218-7848 <http://stopsmokingstanford.edu>

## Other Resources to Help You Quit Smoking

### The California Smokers Helpline

<http://www.californiasmokershelpline.org/>

English: 1-800-662-8887

Spanish: 1-800-456-6386

Mandarin/Cantonese – 1-800-838-8917

Korean: 1-800-556-5564

TDD/TTY: 1-800-933-4833

Chewing Tobacco: 1-800-844-2439

**Nicotine Anonymous** <http://www.nicotine-anonymous.org/>

**QuitNet** <http://www.quitnet.com>

**The Stop Smoking Center** <http://www.stopsmokingcenter.net/>

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## De Anza is a Smoke-Free Campus!

Smoking is allowed ONLY in the following areas (shown in red): Student Lots A and B, Staff Lots A and J, the top floor of the Flint Center Parking Structure, the lot surrounding the Stelling Parking Structure, and the north section of Parking Lot E.



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