IDPH TUPC Material Order Form (updated 06/01/22)

PLEASE EMAIL YOUR ORDER TO TobContactUs@idph.iowa.gov

NAME: _____

ADDRESS: _____

CITY: _____ **State**: _____**ZIP:** _____, **COUNTY:** __ _____**PHONE:** _____

DATE ITEMS ARE NEEDED BY: _____

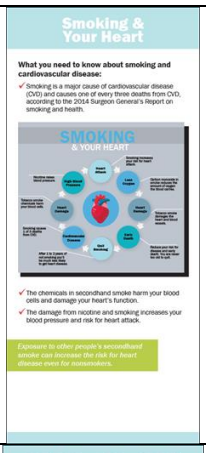
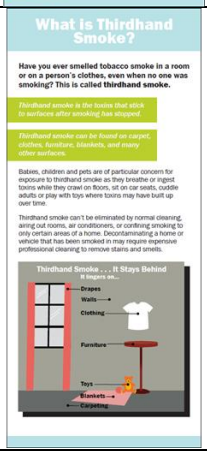
****Allow 2 weeks for delivery. All orders shipped by UPS. MUST HAVE A STREET ADDRESS, P.O. BOXES WILL NOT WORK TO SHIP UPS).**

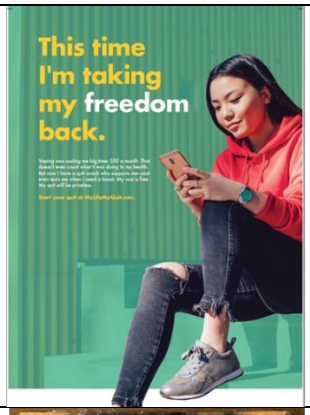
Select		Name of Item	Number Requested
		Quitline Iowa "Quit Card" A wallet size, plastic card with Quitline Iowa information on it. *Max of 2 units per county* (item #513)	Units of 50
Out of Stock		Quitline Iowa "Quit Card" – Spanish A wallet size, plastic card with Quitline Iowa information on it. *Max of 2 units per county* (item 513S)	Units of 50

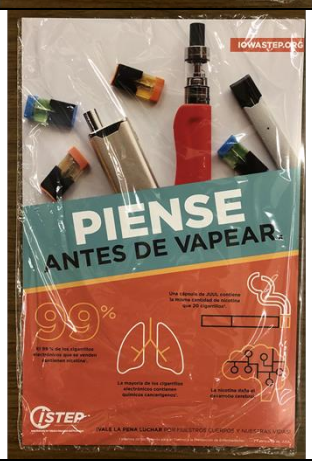
		SPANISH: Quitline Iowa Rack Card (Brochure) Standard Quitline Iowa rackcard (item #515S)	Units of 100
		Quitline Rack Card (Brochure) for low health literacy (item #529)	Units of 20
		Quitline Pregnancy Poster (Item 568)	Units of 25
		Ask, Advise, Refer Folder *Max of 5 units per county* (item 593)	Units of 1
		Quitline LGBTQ Rackcards *Max of 2 units per county* (item 5054)	Units of 20
		Quitline LGBTQ Posters *Max of 2 units per county* (item 5055)	Units of 20

			Quitline Behavioral Health Posters *Max of 2 units per county* (item 5057)	Units of 20
			Quitline Behavioral Health Posters (Spanish) *Max of 2 units per county* (item 5057s)	Units of 20
			Quitline Behavioral Health Rackcards *Max of 2 units per county* (item 5058)	Units of 20
			Quitline Behavioral Health Rackcards (Spanish) *Max of 2 units per county* (item 5058s)	Units of 20

		Quitline Latin X Posters *Max of 2 units per county* (item 5056)	Units of 20
Out of Stock		Quitline Latin X Rackcards *Max of 2 units per county* (item 5059)	Units of 20
		Quitline Vaping Rackcard *Max of 2 units per county* (item 5060)	Units of 20

	 Smoking & Your Heart What you need to know about smoking and cardiovascular disease: ✓ Smoking is a major cause of cardiovascular disease (CVD) and causes one of every three deaths from CVD, according to the 2014 Surgeon General's Report on smoking and health. ✓ The chemicals in secondhand smoke harm your blood cells and damage your heart's function. ✓ The damage from nicotine and smoking increases your blood pressure and risk for heart attack. *Exposure to other people's secondhand smoke can increase the risk for heart disease even for nonsmokers.*	Smoking & Your Heart (item #517)	Units of 100
	 What is a Hookah? Hookahs are water pipes used to smoke specially made tobacco that comes in a variety of flavors. *Hookah is also known as: Waterpipe, Narghile, Argileh, Shisha, Hubble Bubble, and Goza* Hookah smoking is typically practiced in groups, with the same mouthpiece passed from person to person. Risks ✓ Many users think it is less harmful; however hookah smoking has many of the same health risks as cigarette smoking. ✓ Hookah smoke has been associated with lung cancer, respiratory illness, low birth weight, and gum disease. ✓ An hour-long smoking session involves 200 puffs, while smoking an average cigarette involves 20 puffs. ✓ Secondhand smoke from hookahs can be a health risk for nonsmokers. It contains smoke from the tobacco as well as smoke from the heat source (e.g., charcoal) used in hookah. ✓ Most smokers become addicted to nicotine, a drug that is found naturally in tobacco. Hookah tobacco smoke contains nicotine.	What is Hookah (item #521)	Units of 100
	 What is Thirdhand Smoke? Have you ever smelled tobacco smoke in a room or on a person's clothes, even when no one was smoking? This is called **thirdhand smoke.** *Thirdhand smoke is the toxins that stick to surfaces after smoking has stopped.* *Thirdhand smoke can be found on carpet, clothes, furniture, blankets, and many other surfaces.* Babies, children and pets are of particular concern for exposure to thirdhand smoke as they breathe or ingest toxins while they crawl on floors, sit on car seats, cuddle adults or play with toys where toxins may have built up over time. Thirdhand smoke can't be eliminated by normal cleaning, airing out rooms, air conditioners, or confining smoking to only certain areas of a home. Decontaminating a home or vehicle that has been smoked in may require expensive professional cleaning to remove stains and smells. Thirdhand Smoke . . . It Stays Behind It lingers on... Drapes Walls Clothing Furniture Toys Blankets Carpeting	What is Thirdhand Smoke (item #522)	Units of 100
	 What are your reasons to quit? Here are some ideas: • You'll protect your brain, lungs and other organs. • You will breathe easier. • You won't be giving tobacco and vaping companies exactly what they want. • You won't need to hide it from your parents, teachers or boss. • You will perform better at sports or playing instruments. • You won't be hooked for life. • You won't feel as stressed. • You won't be labeled a smoker. • Non-smokers will be more interested in dating you. Quitting alone is hard. Quitting with support is easier! VISIT US: mylifemyquit.com Text "Start My Quit" to 855.891.9989 FOR MORE INFORMATION: IDPH@IOWA.GOV/TUPAC TABITHA.GERDNER@IDPH.IOWA.GOV 515.281.7132 MY LIFE MY QUIT STAND UP TO ADDICTION	My Life My Quit Brochure *Max of 1 unit per county* (item 578)	Units of 50

		My Life My Quit quit tip card (item 584)	Units of 50
		My Life My Quit School Poster (item 598)	Units of 50
		Both Are Addictive Poster-English (item 571)	Units of 10
		Both Are Addictive Poster-Spanish (item 571s)	Units of 10

			Think Before You Vape Poster-English (item 572)	Units of 10
			Think Before You Vape Poster-English (item 572s)	Units of 10