IDPH TUPC Material Order Form (updated 08/16/21)

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

NAME: _____

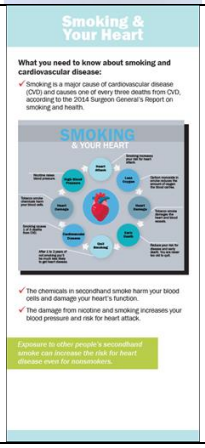
ADDRESS: _____

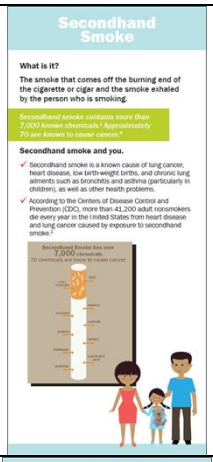
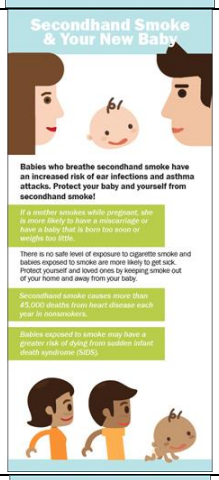
CITY: _____ **State**: _____**ZIP:** _____, **COUNTY:** __ _____**PHONE:** _____

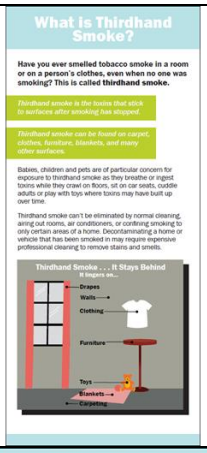
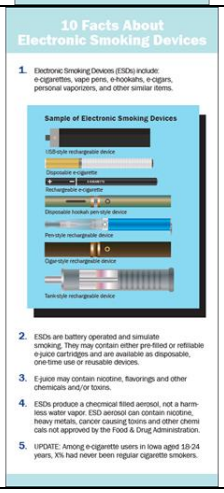
DATE ITEMS ARE NEEDED BY: _____

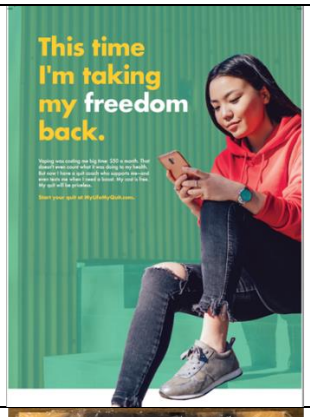
****Allow 2 weeks for delivery. All orders shipped by UPS. MUST HAVE A STREET ADDRESS, P.O. BOXES WILL NOT WORK TO SHIP UPS).**

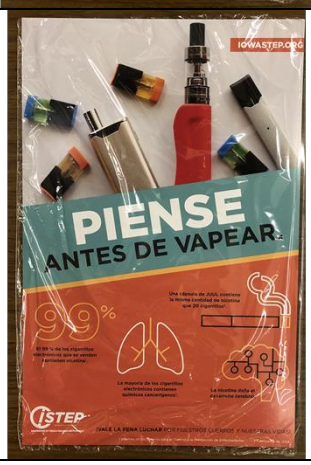
Select		Name of Item	Number Requested
		Quitline Iowa "Quit Card" Beat Stress Tip: A wallet size, plastic card with Quitline Iowa information on it. (item #513)	Units of 100
		SPANISH: Quitline Iowa Rack Card (Brochure) Standard Quitline Iowa rackcard (item #515S)	Units of 100
Out of Stock		Quitline Rack Card (Brochure) for low health literacy (item #529)	Units of 100
		Quitline Rack Card (Brochure) for low health literacy (Spanish) (item #529S)	Units of 100

		Diabetes and Smoking Brochure (Item 552)	Units of 25
		Quitline Pregnancy Poster (Item 568)	Units of 25
		Quitline Pregnancy Rackcard (Item 569)	Units of 50
		Ask, Advise, Refer Folder (item 593)	Units of 1
		Smoking & Your Heart (item #517)	Units of 100

			Secondhand Smoke Fact Sheet (item #518)	Units of 100
			5 Reasons Not to Smoke While Pregnant (item #519)	Units of 100
			Secondhand Smoke & Your New Baby (item #520)	Units of 100
			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
Out of Stock	 10 Facts About Electronic Smoking Devices 1. Electronic Smoking Devices (ESDs) include: e-cigarettes, vape pens, e-hookahs, e-cigars, personal vaporizers, and other similar items. Sample of Electronic Smoking Devices USB-style rechargeable device Disposable e-cigarette Rechargeable e-cigarette Disposable hookah pen-style device Pen-style rechargeable device Cigar-style rechargeable device Tank-style rechargeable device 2. ESDs are battery operated and simulate smoking. They may contain either pre-filled or refillable e-juice cartridges and are available as disposable, one-time use or reusable devices. 3. E-juice may contain nicotine, flavorings and other chemicals and/or toxins. 4. ESDs produce a checmical filled aerosol, not a harmless water vapor. ESD aerosol can contain nicotine, heavy metals, cancer causing toxins and other chemi cals not approved by the Food & Drug Administration. 5. UPDATE: Among e-cigarette users in Iowa aged 18-24 years, X% had never been regular cigarette smokers.	10 Facts About Electronic Smoking Devices (item #523)	Units of 100
Out of Stock	 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! IDPH VISIT US: mylifemyquit.com Text "Start My Quit" to 855.891.9989 FOR MORE INFORMATION: IDPH.IOWA.GOV/TUPAC TABETHA.GERDNER@IDPH.IOWA.GOV 515.281.7132 IDPH MY LIFE MY QUIT STAND UP TO ADDICTION	My Life My Quit Brochure (item 578)	Units of 50
	 IDPH Ready to Quit Vaping? TEXT "START MY QUIT" TO 855.891.9989 MY LIFE MY QUIT 100% FREE, CONFIDENTIAL AND MADE ESPECIALLY FOR TEENS.	My Life My Quit Cling (item 579)	Units of 25

		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