

LET'S BE HEALTHY

The City of Beverly Hills encourages a healthy lifestyle for everyone including residents, members of the business community, and visitors. As one of the nation's leading cities for adopting strong regulations on tobacco products and robust prohibitions on smoking and vaping, the City of Beverly Hills provides outreach, education, enforcement, and cessation services to benefit public health and inspire everyone to **Live Healthy, Breathe Healthy, and Be Healthy.**



NO VAPING OR SMOKING IN MOST OF OUR CITY

REPORT VAPING OR SMOKING ACTIVITY

Downtown Business Triangle or South Beverly Drive
Call or text (424) 302-1487
Elsewhere within Beverly Hills Call
(310) 285-1119

WANT TO QUIT VAPING OR SMOKING?

Call the California smokers' helpline
1-800-NO-BUTTS (1-800-662-8887)
NOBUTTS.ORG

BEVERLYHILLS.ORG/SMOKINGANDVAPING

MAKE A
PROMISE TO
YOUR HEALTH
AND YOUR
FUTURE TO BE
NICOTINE FREE.
#VAPEFREEBH
#SMOKEFREEBH



**LIVE HEALTHY
BREATHE HEALTHY
BE HEALTHY**

DID YOU KNOW?

OUR CITY IS THE FIRST IN THE NATION TO BAN NEARLY ALL TOBACCO SALES!

In addition to state restrictions, city law also prohibits smoking and vaping...

- In the public right-of-way (sidewalks, streets, alleyways) and within 20 feet of open air dining areas unless actively traveling by
- In City parks including Beverly Cañon Gardens
- At all outdoor public events, farmers' markets and in public and private plazas
- In all outdoor service lines (ATMs, teller windows, ticket lines, kiosks and takeout counters)
- In all multi-unit housing, including units and common areas
- In parked vehicles



YOU HAVE THE POWER TO QUIT.

THE USE OF E-CIGARETTES IS UNSAFE FOR EVERYONE.

- JUUL e-cigarettes have high levels of nicotine and a single JUUL pod contains as much nicotine as a pack of 20 traditional cigarettes
- Nicotine is highly addictive and can seriously harm the development of a young brain
- Vaping at a young age can make someone more likely to smoke cigarettes when they are older
- Using nicotine changes the way synapses are formed in young brains when new skills are learned and memories are made
- Teens who use nicotine can harm the parts of the brain that control attention, learning, mood, and impulse control
- E-cigarettes contain some ingredients that could cause long term harm to the lungs and the vapor itself is not harmless water vapor
- E-cigarette aerosols can contain substances including tiny particles that can be inhaled deep into the lungs, volatile organic compounds, cancer-causing chemicals, heavy metals, and flavoring such as diacetyl, which has been linked to lung disease

MAKE THE PROMISE TO YOUR HEALTH AND YOUR FUTURE TO BE NICOTINE FREE.

There's no better time to stop smoking or vaping. Those who receive assistance from a clinician are twice as likely to quit successfully.

The City of Beverly Hills and Cedars-Sinai have partnered to provide a free-of-charge Smoking and Vaping Cessation Program to a limited number of participants. Program eligibility requirements apply.

Enroll in the City's Cessation Program and you will receive:



One-on-one counseling with a Cedars-Sinai clinical pharmacist



Health information about smoking and strategies for behavior modification



A smoking or vaping cessation plan to fit your personal needs



Prescriptions for medications or nicotine replacement aids, when appropriate



Carbon monoxide level monitoring at each visit

For more information and to schedule an appointment, please call (310) 385-3534