

FOR IMMEDIATE RELEASE

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EASTERN SHORE PUBLIC LIBRARY GOES TOBACCO-FREE

To better serve the patrons and staff and provide a safe place free from tobacco smoke, the Eastern Shore Public Library's Accomac and Nassawadox locations will become tobacco-free campuses starting January 1, 2017. All types of smoking and tobacco products will be prohibited inside all library buildings and on library property, including parking lots, entryways and grounds. The system-wide prohibition includes nicotine-delivery devices such as e-cigarettes, as well as cigarettes, cigars, pipes and smokeless tobacco.

“Libraries must be comfortable, safe, and accessible facilities for all in the community, particularly our children,” stated Cara Burton, Library Director. “Our board feels that making the library smoke-free inside and out helps us accomplish that goal. Join us at our Accomac library on Thursday, December 29, 2016 from 12:00 pm to 2:00 pm to make life your new 2017 habit and meet a free Quit Now counselor. You will receive more information about the services available to help you or your family quit using tobacco in the New Year.”

As an Eastern Shore Healthy Communities member the Eastern Shore Public Library is partnering with the Virginia Department of Health and the FREE Tobacco User Telephone Quit Line to offer cessation support to those who want to quit tobacco use. The telephone counseling is FREE for any resident of Virginia. There are also FREE specialized counseling services for youth ages 13-17, pregnant women and uninsured residents. Please call or log on to 1-800 Quit Now or www.quitnow.net/virginia to receive FREE expert counseling from a trained Quit Coach, a FREE personalized quit plan, and FREE self-help materials.

The Tobacco Use Control Project is a Virginia Department of Health project that is funded by the Centers for Disease Control and Prevention (CDC) to conduct tobacco use control activities in Virginia. The goal of the project is to reduce premature death, disease, disability and the economic burden related to tobacco use and/or exposure to second-hand smoke by:

- A Tobacco Free Alliance Strategic Plan
- Preventing Tobacco Use By Young People
- Eliminating Nonsmokers' Exposure to Secondhand Smoke
- Promoting Quitting Among Adults and Young People
- Identifying and Eliminating Tobacco Related Disparities

The Virginia Department of Health's Tobacco Use Control Program is led by the Eastern Shore Health District. Tobacco is a strong addiction but you are stronger.

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