

**Play hard
Breathe easy**



**Enjoy Eugene's
smoke-free parks**



**Parks and
Open Space**

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Each year in Lane County, tobacco kills over 700 people. Creating smoke-free areas helps reduce the impact of tobacco by supporting those who want to quit, decreasing the number of young people who start smoking, and protecting people from second-hand smoke. It also reduces cigarette butt litter (the most littered item in the world) and toxics in the environment.

PARK RULE

For the health of the community, use of any smoking instrument or device is prohibited in all City of Eugene Parks under Park Rule 1.008. A smoking instrument or device is defined as cigarettes, cigarillos, cigars, clove cigarettes, e-cigarettes, pipes, and other related products. This prohibition also applies to the areas outside park and open space facilities that are within 25 feet of doors, entries, or pathways thereto, such as patios, walkways, and sidewalks.

eugene-or.gov/smokefreeparks

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IMMEDIATE BENEFITS OF QUITTING

- In **24 hours** your risk for coronary artery disease is reduced
- In **5 days** most nicotine is out of your body
- In **1 to 2 weeks** your circulation and lung function improve

NEED HELP?

1-800-QUITNOW 1-855-DEJELO-YA
www.quitnow.net/Oregon

Oregon health insurance providers, including Medicaid, are required to cover smoking cessation programs.

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