



# CSU *is* TOBACCO FREE

## DON'T SMOKE...RESPECT THE POLICY

**Fact:** One student, smoking a pack of cigarettes a day, could spend \$7,884.00 while in college for four years

**Fact:** Secondhand smoke causes approximately 3,400 lung cancer deaths and 46,000 heart disease deaths each year

**Fact:** More companies than ever will not hire people who use tobacco products

Cleveland State is dedicated to improving the well-being of all students, staff and visitors. Keeping our campus tobacco free keeps our atmosphere safe and clean.

**Cleveland State can assist you with quitting your smoking habit today with the many resources available on campus. Visit [www.csuohio.edu/tobaccofree](http://www.csuohio.edu/tobaccofree)**

WHEN YOU QUIT . . .

YOU HAVE THE SAME CHANCE OF HAVING A STROKE AS A NONSMOKER.

AFTER  
**5**  
YEARS

YOUR ADDED RISK OF CORONARY HEART DISEASE IS HALF THAN THAT OF A SMOKER'S.

AFTER  
**1**  
YEAR

YOU COUGH LESS AND YOUR LUNGS WORK EVEN BETTER.

AFTER  
**1-9**  
MONTHS

THE AIRWAYS IN YOUR LUNGS RELAX AND YOU CAN GET MORE AIR INTO YOUR LUNGS AND BREATHE EASIER.

AFTER  
**2-3**  
WEEKS MONTHS

THE LEVEL OF CARBON MONOXIDE (A TOXIC GAS) IN YOUR BLOOD DROPS TO NORMAL.

AFTER  
**8**  
HOURS

YOUR BLOOD PRESSURE DROPS TO A LEVEL SIMILAR TO WHAT IT WAS BEFORE YOUR LAST CIGARETTE.

AFTER  
**20**  
MINUTES

