Vaccination/Quit Smoking LTE Template

Drafted June 15, 2021

**Getting vaccinated and quitting tobacco: the perfect combination for your health**

Dear Editor,

START BY ACKNOWLEDGING THE DIFFICULTIES WE’VE ALL FACED IN THE LAST YEAR AND A HALF (**EXAMPLES: THE PANDEMIC, ISOLATION, REMOTE LEARNING ETC.**). THEN TALK ABOUT HOW WE’RE STARTING TO SEE A GLIMMER OF HOPE, THANKS TO MORE AND MORE PEOPLE GETTING VACCINATED.

SHARE THAT VACCINES ARE SAFE AND EFFECTIVE, AND ARE ALLOWING PEOPLE TO START DOING THE THINGS THEY LOVE AGAIN. THEY ALSO GIVE PEOPLE THE PEACE OF MIND THAT COMES WITH KNOWING THEY’RE NOT ONLY PROTECTING THEMSELVES, BUT OTHERS AS WELL. THEN ENCOURAGE READERS TO HELP THEIR HEALTH EVEN MORE BY QUITTING TOBACCO PRODUCTS.

GIVE EXAMPLES OF THINGS WE CAN SAFELY DO AFTER VACCINATION (**SEEING FAMILY AND FRIENDS, GOING OUT TO DINNER, ETC.**). FOLLOW THAT BY DISCUSSING HOW MUCH MORE ENJOYABLE THOSE ACTIVITIES ARE WITHOUT TOBACCO. **GIVE EXAMPLES – MORE ENERGY, NOT HAVING TO LEAVE FOR SMOKE BREAKS, NOT EXPOSING OTHERS TO SECONDHAND SMOKE, ETC.**

**PROVIDE OTHER ADVANTAGES OF GOING TOBACCO-FREE. YOU CAN FIND EXAMPLES AT** [**https://www.cancer.org/healthy/stay-away-from-tobacco/benefits-of-quitting-smoking-over-time.html**](https://www.cancer.org/healthy/stay-away-from-tobacco/benefits-of-quitting-smoking-over-time.html)**.**

ENCOURAGE TOBACCO USERS TO CALL THE QUIT LINE FOR FREE HELP AT 1-800-QUIT NOW (784-8669). INDIVIDUALS ON MEDICAID WHO USE TOBACCO PRODUCTS SHOULD ALSO TALK TO THEIR HEALTH CARE PROVIDER ABOUT THE FREE QUITTING SUPPORT PROVIDED THROUGH THE MEDICAID BENEFIT.

SHARE THAT READERS CAN LEARN MORE ABOUT TOBACCO PREVENTION EFFORTS IN (**COUNTY/CITY**) BY VISITING **URL/SOCIAL MEDIA**. ENCOURAGE UNVACCINATED INDIVIDUALS TO VISIT vaccines.gov TO FIND A VACCINE PROVIDER IN THEIR AREA.