



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

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

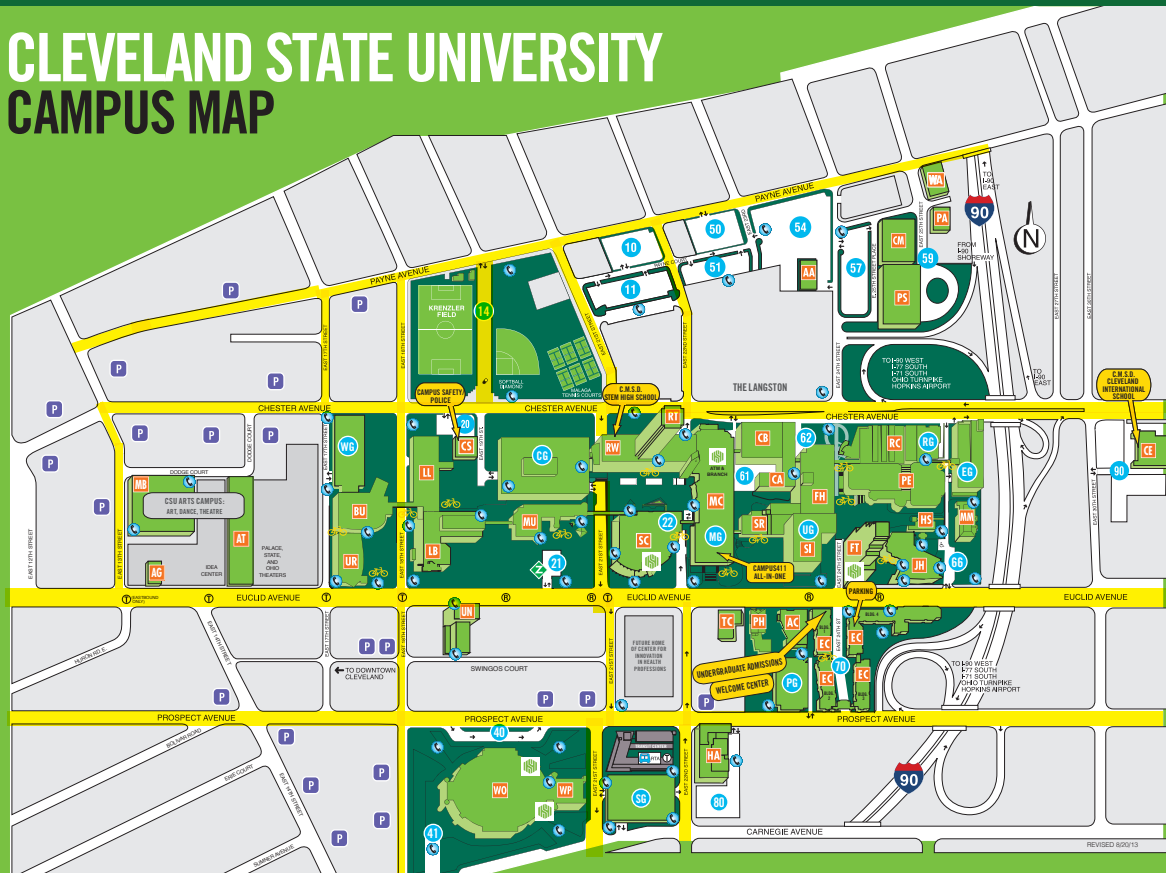
THE LEVEL OF CARBON MONOXIDE (A TOXIC GAS) IN YOUR BLOOD DROPS TO NORMAL.

AFTER
8
HOURS

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

AFTER
20
MINUTES

CLEVELAND STATE UNIVERSITY CAMPUS MAP



The yellow areas indicate public sidewalks and streets that are not subject to the Tobacco Free Policy.



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FREE

*Please remember
that smoking is
prohibited in all
parking garages
and lots operated
by CSU Parking
Services.*

