



**PASSAIC VALLEY** ★  
**REGIONAL HIGH SCHOOL** ★  
Serving Little Falls, Totowa, & Woodland Park



**HORNET HEALTHY LIVING: VOLUME 5**  
Please contact the School Nurse with concerns.  
We are here for our students and staff!

**THE GREAT AMERICAN SMOKEOUT**  
November 19, 2020

**You don't have to quit alone...**

Get quitting support through RWJBarnabas Health's FREE smoking/vaping cessation program:

<https://www.rwjbh.org/treatment-care/smoking-cessation-and-tobacco-treatment/>

OR

The New Jersey Quitline is a free telephone program dedicated to help NJ residents quit using tobacco products:

<https://www.njquitline.org/>

**How does your body recover after quitting?**

- 20 minutes after quitting: your heartrate and blood pressure drop.
- 1 year after quitting: the excess risk of coronary heart disease is HALF that of someone who continues to smoke.
- 15 years after quitting: the risk of coronary heart disease is that of a non-smoker's.

**IT IS NEVER TOO LATE OR TOO SOON TO QUIT**

