

## Eastern Plumas Goes Smoke-Free!

All of Eastern Plumas Health Care's campuses are now smoke free, including e-cigarettes (vaping). This new policy covers the buildings grounds and parking lots of all EPHC campuses. "implementing smoke-free campuses at EPHC is very exciting, it feels like a natural progression for the district as our whole purpose is to promote the health and well-being of our community," said EPHC's Human Resources Manager Annie Yoakum. She has been working with Leila Srouji and James Wilson at Plumas County Department of Public Health, who "reached out to us and have played a critical role in helping us with our implementation road map," added Yoakum.

The hospital's board of directors has had a smoke free EPHC as a goal for several years, and the organization is committed to helping its staff and community members who would like to quit smoking. EPHC has smoking cessation classes available by calling 882-6566 or 832-6500. Also, said Yoakum, "EPHC health care providers will prescribe patches and medications to help those who want to quit." She added that several employees who have quit or are currently in the process of quitting cigarettes have noted the difference it has already made in their own health.

Plumas County Public Health recently assisted Plumas District Hospital and Feather River College with their no smoking implementation, as well. According to Andrew Woodruff, Public Health's acting director, "Plumas County is taking huge leaps in the right direction. More facilities are recognizing the benefits of going smoke-free and promoting healthy lifestyles."