

Tobacco/Vaping, Alcohol and Other Drugs



Begin your quit journey today.

FREE resources provided by smokefree.gov

Lafayette County Health Department is very active in taking action to provide education regarding tobacco, e cigarettes & other nicotine devices. LCHD is dedicated to addressing the adverse health affects associated with tobacco use and exposure to secondhand smoke. The LCHD staff and are eager to to create and encourage a healthier environment and to protect residents from tobacco addiction.

LCHD provides evidence based scientific facts of tobacco, e cigarettes & other nicotine devices with the ultimate goal of reduction of youth experimentation and providing resources to quit for those already using these products.

LCHD staff have been trained in the [First Breath Program](#)

and are active in the [Southwest Alliance for Tobacco Prevention](#).

About Tobacco, Nicotine and Vaping

Tobacco products and vaping are used to deliver the highly addictive drug nicotine. Once your body gets a taste for nicotine, it can quickly become an addiction.

Tobacco products include cigarettes, smokeless tobacco, cigars, and pipes. Vaping products are electronic devices that heat a liquid and produce an aerosol, or mix of small particles in the air.

Nicotine is the main drug in all forms of tobacco. Nicotine acts as both a stimulant and a sedative. *It is one of the most heavily used addictive drugs in the U.S.*

Information & Resources: Learn more about the negative health consequences of tobacco.

- [Clear Gains – Wisconsin Smoke-Free Housing Initiative](#)
- [Wisconsin Wins](#)
- [American Cancer Society \(ACS\)](#)
- [Smoking and Tobacco Use - CDC](#)
- [Center for Tobacco Research and Intervention](#)
- [First Breath Program](#)
- [Southwest Alliance for Tobacco Prevention](#)
- [Tobacco Is Changing](#)

Resources to Quit Tobacco/Smoking/Vaping

There are many programs and services available to the general public to assist with stopping the use of tobacco.

- Wisconsin Tobacco Quit Line 1-800-QUIT-NOW (784-8669)
- En español: 1-877-2NO-FUME (66-3863)
- [Truth Initiative](#)
- [Ending the Youth Vaping Epidemic Model](#)
- [FACT](#)
- [Smokefree.gov](#)

SW-WI Alliance for Tobacco Prevention Newsletters

Check out the latest info related to tobacco use prevention from the Southwest Alliance for Tobacco Prevention.

[November 2023 SWATP Newsletter](#)

Proper Disposal of Vaping Devices

E-cigarette and vaping device batteries and vaping liquids (nicotine, THC or CBD) should be properly disposed of. These batteries and liquids are disposed of at separate locations. The parts of the device should be placed in a sealed container before taking them to a disposal



Nicotine
can worsen
anxiety symptoms
and amplify feelings
of depression.



**4 out
of 5 kids**
who've used
tobacco tried
**a flavored
product
first.**

A white line drawing of a hand holding a cigarette, positioned on the left side of the top slide.

E-cigarettes
are more popular
than conventional
cigarettes among
Wisconsin
teens.

A white line drawing of a plant with several round fruits, positioned on the left side of the bottom slide.

The first
tobacco product
most kids try is
flavored.

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