

FOR IMMEDIATE RELEASE

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### **SAFE Glen Cove Coalition: Healthy Lungs and Well Being**

The SAFE Glen Cove Coalition has been successfully partnering with the Tobacco Action Coalition (TAC) of LI for many years to advance a Tobacco Free City as part of its overall mission to create and sustain a reduction in youth and adult alcohol, tobacco and other drug use.

The SAFE Glen Cove Coalition and TAC have provided prevention education to individuals and organizations throughout the City of Glen Cove, implementing environmental strategies to protect the public from the danger of second hand smoke and the benefits of Tobacco Free Outdoor Initiatives such as Tobacco Free Parks, Ground Entryway Bans to prevent puffs of smoke entering buildings or the surrounding area and addressing troubling drifting smoke in Multi-Unit Complex by introducing smoke Free Housing. The outcome of this effort have seen many voluntary policies adopted by the aforementioned, creating a network of supporters across the City helping to change the social norms about the acceptability of smoking.

To date, the following have adopted prevention initiatives: the Mayor's office, City of Glen Cove Department of Parks and Recreation, Glen Cove School District, Glen Cove Youth Bureau, Glen Cove Boys and Girls Club, Congregation Tifereth Israel, Glen Cove Library, Glen Cove Senior Center, Glen Cove Housing Authority, North Shore Historical Museum, A.J. Melillo Center for Mental Health (now Charles Evans Center) and private Real Estate owners of rental apartments.

The respiratory system's main function is to move fresh air into your body while removing waste gases. Every cell in the human body needs oxygen to live. The air you breathe contains oxygen and other gases. Once in the lungs, oxygen is moved into the bloodstream and carried through the body. Each cell in the body exchanges oxygen for a waste gas called carbon dioxide. The bloodstream then carries this waste gas back to the lungs where it is removed from the bloodstream and then exhaled. Lungs and respiratory system automatically perform this vital process, called gas exchange.

[Lung capacity declines as you age](#). The American Lung Association strongly advises against smoking and when able, avoids second hand smoke. For more information please visit the American Lung Association at [1-800-LUNGUSA \(1-800-586-4872\)](tel:1-800-LUNGUSA).

The New York State Smokers' Quitline assists thousands of New Yorkers every year in their attempts to break free from smoking and other tobacco use by providing information, expert quit coaching, support, and free starter kits of nicotine replacement therapy. The service is free and confidential. Call 1-866-NYQUITS (1-866-697-8487), text 716-309-4688, or visit the New York State Smokers' Quitline at <https://www.nysmokefree.com/> for more information or to speak with a Quit Coach.

SAFE, Inc. is the only alcohol and substance abuse prevention, intervention, and education agency in the City of Glen Cove. Its Coalition is concerned about tobacco use and vaping seeking to educate and update the community regarding its negative consequences in collaboration with Carol Meschkow, Manager- Tobacco Action Coalition of Long Island. To learn more about the SAFE Glen Cove Coalition please follow us on [ww.facebook.com/safeglencovecoalition](https://www.facebook.com/safeglencovecoalition) or visit the Vaping Facts and Myths Page of SAFE's website to learn more about how vaping is detrimental to your health [www.safeglencove.org](http://www.safeglencove.org).