CDU Becomes a Smoke & Tobacco Free Campus

Effective, January 1, 2017

Thank you for joining us in helping make Charles R. Drew University of Medicine and Science a 100% Smoke & Tobacco Free Campus. The health of our community is paramount. We look forward to working with all University partners on this initiative.

Health Benefits of Quitting:

- After 8 hours, carbon monoxide levels in the blood drop to normal and your oxygen level increases.
- After 24 hours, your breath, hair, and body stop smelling like smoke. Your chance of a heart attack decreases.
- After 48 hours, your nerve endings recover. Your sense of taste and smell improve.
- After 72 hours, the nicotine is out of your body. Bronchial tubes relax, making breathing easier.
- After 2 weeks to 3 months, your lungs can hold more air. Exercise becomes easier and your circulation increases.
- After 1 year, your risk of coronary heart disease is cut in half.
- After 5 years, your risk of a stroke is reduced to that of a non-smoker.

Need Help Quitting? Contact CDU Human Resources Department: 1-323-563-5827
OR California Smokers’ Hotline Can Help: Call 1-800-NO-BUTTS (1-800-662-8887) for information.

www.cdrewu.edu