



WEEK	ACTION/ACTIVITY	RESOURCES
Week of October 24th	<ul style="list-style-type: none"> ● Start planning for first week of November ● Promote events on company's social media site and intranet sites ● Consider promoting the Great American Smokeout day on the third Thursday of November (11/17/2022) 	<ul style="list-style-type: none"> ● What is COPD (CDC)? ● Smoking and COPD (CDC) ● The Great American Smokeout (ACS)
Week of October 31st - November 4th	<ul style="list-style-type: none"> ● Hang poster <i>What Is COPD?</i> ● Distribute quiz <i>Think you might be at risk for COPD?</i> ● Distribute flyer <i>Get the Facts About COPD</i> 	<ul style="list-style-type: none"> ● Poster – What Is COPD? (CF) ● Quiz – Think you might be at risk for COPD? Take this 5-question risk screener. (COPD Foundation) ● Flyer – Get the Facts About COPD (CF)
Week of November 7th	<ul style="list-style-type: none"> ● Hang poster <i>Smoking Is the Leading Cause of COPD</i> ● Distribute flyer <i>Information Series: COPD</i> ● Post, hang, and/or distribute one of the Great American Smokeout tools and resources ● Promote the Great American Smokeout day 	<ul style="list-style-type: none"> ● Poster – Smoking Is the Leading Cause of COPD (CDC) ● Flyer – Information Series: COPD (ATS) ● Great American Smokeout Tools and Resources (Posters, Flyers, Print Ads, Table Signs, Sticker Sheet, Quit Cards, and Benefits of Quitting Smoking Handout)
Week of November 14th	<ul style="list-style-type: none"> ● Hang poster <i>COPD Infographic</i> ● Post, hang, and/or distribute one of the Great American Smokeout tools and resources ● Promote the Great American Smokeout day 	<ul style="list-style-type: none"> ● Poster – COPD Infographic (CF/AAN) ● Great American Smokeout Tools and Resources (Posters, Flyers, Print Ads, Table Signs, Sticker Sheet, Quit Cards, and Benefits of Quitting Smoking Handout)
Week of November 21st	<ul style="list-style-type: none"> ● Hang poster <i>When You Quit Smoking, The Health Benefits Are Immediate</i> ● Distribute video <i>Tips From Former Smokers – Michael P.'s "COPD and Smoking"</i> ● Distribute flyer <i>Questions to Ask Your Doctor About COPD</i> 	<ul style="list-style-type: none"> ● Poster – When You Quit Smoking, The Health Benefits Are Immediate (Anthem) ● Video – Tips From Former Smokers - Michael P.'s "COPD and Smoking" (CDC) (0:30) ● Flyer – Questions to Ask Your Doctor About COPD (CF)
Week of November 28th	<ul style="list-style-type: none"> ● Hang poster <i>Managing Your COPD</i> ● Distribute flyer <i>Now That You Know It's COPD: Here's How to Breathe Better</i> 	<ul style="list-style-type: none"> ● Poster – Managing Your COPD (CF) ● Flyer – Now That You Know It's COPD: Here's How to Breathe Better (NHLBI)