

N SMOKE FREE SIGNALS NEWSLETTER

This is a free notification service that provides the latest on commercial and traditional tobacco news, events, topics and successes.

Friday, March 18, 2022



MISSION AND CORE VALUES

TO PROVIDE COMMERCIAL TOBACCO SECONDHAND SMOKE AWARENESS AND RESOURCES TO NEW MEXICO TRIBAL COMMUNITIES, IMPROVING HEALTH OUTCOMES

WELCOME TO OUR BIWEEKLY NEWSLETTER

Smoke Free Signals would like to welcome you to our March biweekly newsletter. We strive to provide content about secondhand smoke prevention and free resources that will support your smoke-free and vape-free initiatives.

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Protecting Children From Secondhand Smoke & Aerosol

Did you know that the main place young children are exposed to secondhand smoke is in their own homes? Family members who smoke inside or near their homes are most likely exposing their children to secondhand smoke. If someone inside the home uses e-cigarettes, they are also exposing the children to secondhand aerosol. Whether it's aerosol or cigarette smoke, children are being exposed to thousands of chemicals that are toxic and carcinogenic.

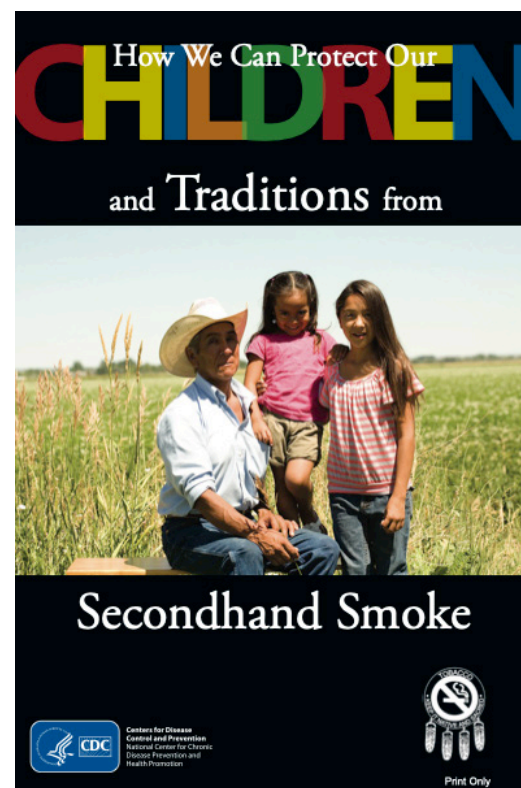
Due to the developing bodies of children, exposure to cigarette smoke or e-cigarette aerosol can lead to asthma, bronchitis, pneumonia, ear infections, and unexpected death from sudden infant death syndrome (SIDS). Babies and children that are frequently exposed to secondhand smoke and aerosol often make more doctor visits than children who are not exposed. There is no safe level of exposure to secondhand smoke. It's essential that family members do what is necessary to protect their children.

Tips to Protect Your Children

- ◇ Ask friends and family not to smoke around your children.
- ◇ Support friends and family who are trying to quit commercial tobacco.
- ◇ Make your home and vehicle smokefree and vape-free.
- ◇ Get rid of all ashtrays in the home.
- ◇ Teach your children about the dangers of commercial tobacco use.
- ◇ If you smoke, begin your quitting journey today.

For more information visit:

https://www.cdc.gov/tobacco/basic_information/secondhand_smoke/index.htm#protecting-from-secondhand-smoke



[CLICK HERE](#) for resource.

Do You Know What's In Secondhand Smoke?



For more information visit:

https://www.cdc.gov/tobacco/basic_information/secondhand_smoke/index.htm

Smoke Free Signals | 505-837-2104 | www.SmokeFreeSignals.com

Upcoming Events

Webinar: Smoke-Free Tribal Housing Policies - **Wednesday, March 30, 2022**



The National Native Network with the Indian Health Service Clinical Support Center will be hosting a webinar that will speak on the topics of smokefree policies in tribal housing. The objectives of the webinar, include: identifying the risks of smoking in multi-unit tribal housing and benefits of going smokefree, examining policy options to consider when adopting a smokefree tribal housing policy, and locating helpful resources for smokefree multi-unit tribal housing community awareness campaigns. [CLICK HERE](#) to register.



2022 NMACTion Annual Conference - **April 27-28, 2022**

The New Mexico Allied Council on Tobacco will be hosting a FREE and virtual conference base on the theme of “Rejuvenation: Shame-Free Nicotine Prevention in Our Communities.” The two-day conference will contain workshops, activities, and networking opportunities. This year’s tracks include: Hispanic/Latino Priority Population; Health Equity in Commercial Tobacco Prevention/Control; and Policy and Advocacy in Public Health. [CLICK HERE](#) to register.

National Tribal Tobacco Conference: Reclaiming and Restoring Traditional Tobacco in Today’s World - **May 16-17, 2022**



The National Tribal Tobacco Conference will take place physically and virtually at the University of Minnesota in Minneapolis, MN. This conference will address the traditional uses of tobacco and commercial tobacco impact in American Indian and Alaska Native (AI/AN) communities across the United States. Additionally, the conference will emphasize AI/AN persons returning to a healthy relationship with tobacco, the importance of creating health equity, and provide an opportunity for networking and collaboration. [CLICK HERE](#) to register.

FREE Resources

FREE Window Decals

Everyone shares the same air. Why not share the Smoke-Free and Vape-Free cause with others! Keep your home and vehicle safe by letting others know that your home and vehicle are Smoke-Free and Vape-Free. Request your **FREE** window decal at [**SmokeFreeSignals@gmail.com**](mailto:SmokeFreeSignals@gmail.com)



**This is a
Smoke-Free and
Vape-Free Vehicle**



**This is a
Smoke-Free and
Vape-Free Home**

Smoke Free Signals Education Videos

The Smoke Free Signals Secondhand Smoke and Tobacco Education Video Series is available on the Smoke Free Signals website. The videos can be shared with students, friends, and family, and community members. If you would like to request a USB-drive of all Secondhand Smoke and Tobacco Education videos, please email [**SmokeFreeSignals@gmail.com**](mailto:SmokeFreeSignals@gmail.com).

To watch Smoke Free Signals' Education Video visit:
[**https://www.smokefreesignals.com/education-videos**](https://www.smokefreesignals.com/education-videos)

FOLLOW US ON SOCIAL MEDIA!



Stay active with Smoke Free Signals by following us on our Social Media platform! We keep our page current with the latest news, activities, and initiatives. We also share prevention tips and facts about the dangers of secondhand smoke. Stay up-to-date with Smoke Free Signals TODAY and follow us on Facebook **@Smoke Free Signals!**

If you would like to unsubscribe from the Smoke Free Signals' biweekly newsletter, please email [**JConcho@keresnm.com**](mailto:JConcho@keresnm.com) to be removed from the listserv directory.

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