

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, October 29, 2021



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 October biweekly newsletter. We strive to provide content about secondhand smoke prevention and free resources that will support your smoke-free and vape-free initiatives.

HIGHLIGHTS

2 Secondhand Smoke and Aerosol Exposure

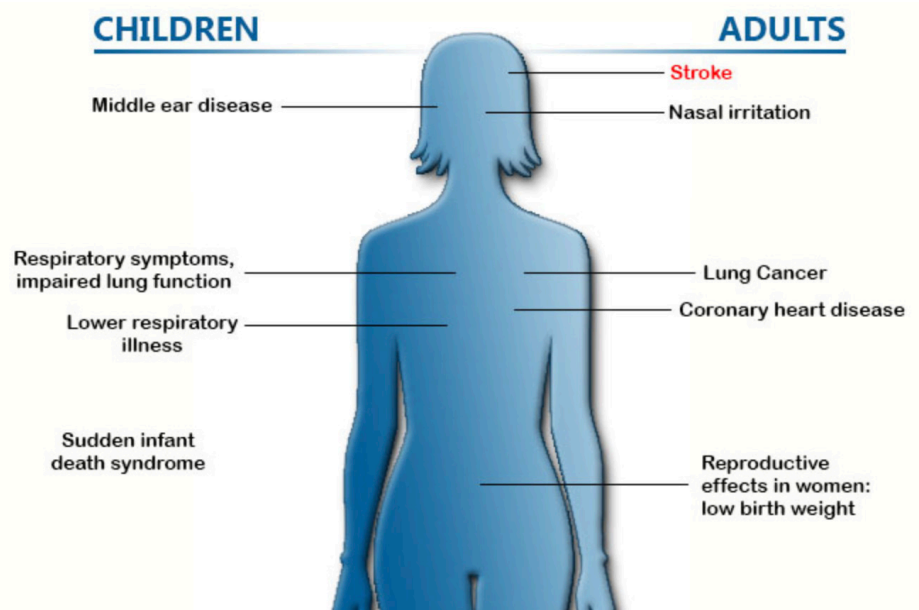
3 Community Health Leadership Program - **3 DAYS LEFT TO APPLY!**

4 **FREE RESOURCES!**

Secondhand Smoke and Aerosol Exposure

Exposure to secondhand smoke and aerosol is dangerous for everyone, especially children. Adult nonsmokers who are exposed frequently or work in an environment are at higher risks to develop heart disease, lung cancer, and other respiratory diseases. Children who are exposed to secondhand smoke in their homes or vehicles are more likely to develop asthma flares and ear infections. Exposure can cause sudden infant death syndrome (SIDS), which results in more than 400 infant deaths from SIDS each year.

It's essential that you take the extra measure to protect your family and loved ones from the danger of secondhand smoke and aerosol. Learn how to keep your home and vehicle smokefree and vape-free by reading the tips below. Do what it takes to live a beautiful and healthy life!



Click [HERE](#) for more information.

Tips to Keep Your Home Smokefree and Vapefree

- ◇ Let friends and family know that your home is smokefree and vape-free. If needed, show them to a child-free area to smoke or vape.
- ◇ Develop your own comfortable place to smoke outdoors that is safe far enough from your home and children.
- ◇ If you need to smoke, try putting your outside shoes and an umbrella, if it's raining, next to the door. This will make going outside more convenient.
- ◇ Consider putting up a house decal to remind visitors that your home is smokefree and vape-free.

Tips to Keep Your Vehicle Smokefree and Vapefree

- ◇ Never smoke in a vehicle that transports children. Smoking in your vehicle one time can allow the toxins to absorb into the material. Opening the windows is not an option to prevent absorption or ventilation.
- ◇ Let your friends and family know that your vehicle is smokefree and vapefree.
- ◇ If your vehicle has an ashtray, try filling it with spare change or gum to prevent smoking urges.
- ◇ When you drive, leave your pack of cigarettes or e-cigarettes in the back of the vehicle to avoid smoking or vaping.
- ◇ Consider putting up a window decal to remind your passengers that your vehicle is smokefree and vapefree.

For more information visit:

<https://www.healthychildren.org/English/health-issues/conditions/tobacco/Pages/Importance-of-Smoke-Free-Homes-and-Cars.aspx>

Community Health Leadership Program

DEADLINE TO APPLY: October 31, 2021

Three days left! Apply now to join the Smoke Free Signals' annual Community Health Leadership Program. Earn \$2,500 to support secondhand smoke protections and education in your community. This unique program has flexible time requirements, and very minimal reporting. We want to make it easy for you to focus on the important work at hand – not on paperwork! Click [here](#) to apply and learn more.

Basic Tobacco Intervention Skills Certification for Native Communities VIRTUAL Training

Tuesday, November 30 - Thursday, December 2, 2021 from 1:30 PM - 4:00 PM (MT)

This Tobacco Intervention training is culturally tailored to distinguish between the use of traditional and commercial tobacco in Native American communities and emphasize evidence-based techniques to increase the rates of successful interventions resulting in the cessation of commercial tobacco use. Click [here](#) to register and learn more.

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.

To watch Smoke Free Signals' Education Video visit:
<https://www.smokefreesignals.com/education-videos>

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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!**

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