

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, November 13, 2020



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

November has finally arrived! As the yellow leaves begin to fall, Smoke Free Signals would like to welcome you to our November 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 Tribal Workers Deserve
Smoke-Free Air

3 What's In a Cigarette?
WORD SEARCH ACTIVITY

4 **FREE RESOURCES!**

Tribal Workers Deserve Smoke-Free Air

Every worker deserves to breathe clean air. Tribal members working in businesses or casinos that are exposed to commercial tobacco smoke are putting their health at risk. Daily exposure to secondhand smoke can create long lasting health effects, such as heart disease, lung cancer, and respiratory disease. Thirdhand smoke, smoke residue from an inside environment or on an individual's clothes, can be taken home and exposed to children and loved ones. This dangerous exposure can have adverse effects on individuals at home, especially infants and children.

It's important that tribal businesses and workspaces develop smoke-free policies to promote healthy work environments. Working in smoke-free environments allow employees to stay healthy, productive, and valued. Employee health should be a concern and priority for business owners.

Smoke-Free Policy Benefits include:

- ◇ Improve Air Quality
- ◇ Improve Health
- ◇ Receive Public Support
- ◇ Reduce Secondhand Smoke Exposure
- ◇ Reduce Smoking
- ◇ Result in High Levels of Compliance

Surgeon General Conclusions:

- ◇ There is no risk-free level of secondhand smoke.
- ◇ Separating smokers from nonsmokers, cleaning the air, and ventilating buildings cannot eliminate exposure of nonsmokers to secondhand smoke.
- ◇ Heating, air conditioning and ventilation systems alone cannot eliminate exposure to secondhand smoke.
- ◇ 100% smoke-free workplace policies are the only effective way to eliminate secondhand smoke exposure in the workplace.

For more information visit:

https://www.cdc.gov/tobacco/basic_information/secondhand_smoke/going-smokefree-matters/bars-restaurants/index.html

What's In A Cigarette?

When cigarettes are burned, there are more than **7,000** chemicals that are released. About 69 of these chemicals are known to cause cancer and are toxic. Prevent secondhand smoke exposure in your home, work, and vehicles. **Look for the chemicals listed below in the box.**

A	D	T	O	L	U	E	N	E	E	R	T	Y	U	I
C	F	D	F	G	H	J	K	L	Q	W	E	F	G	H
E	G	B	C	F	A	J	H	L	E	A	D	F	V	B
T	J	E	R	Q	R	H	B	Q	T	J	P	O	Q	C
O	K	N	F	W	S	B	N	W	F	B	O	R	A	H
N	L	Z	V	E	E	D	J	S	D	D	I	M	Y	H
E	Z	E	B	R	N	S	K	D	B	U	T	A	N	E
Q	X	N	H	T	I	E	U	F	S	S	I	L	X	X
W	C	E	N	I	C	O	T	I	N	E	C	D	C	A
E	V	A	S	D	F	G	H	J	K	L	Q	E	Q	M
R	A	M	M	O	N	I	A	Z	X	C	V	H	V	I
T	X	C	V	B	N	M	R	D	F	G	H	Y	H	N
Y	D	Q	T	H	G	F	S	A	A	E	R	D	R	E
U	X	C	A	D	I	U	M	Q	W	E	R	E	C	V
I	V	C	R	B	N	M	S	D	F	G	H	J	K	X

Word Bank:

ACETONE
AMMONIA
ARSENIC

BENZENE
BUTANE
CADIUM

FORMALDEHYDE
HEXAMINE
NICOTINE

LEAD
TAR
TOLUENE

To learn more about these chemicals visit:

<https://www.lung.org/quit-smoking/smoking-facts/whats-in-a-cigarette>

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



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



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

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!**](https://www.facebook.com/SmokeFreeSignals)

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