

# 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, April 1, 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 April 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 It's Time for Spring Cleaning!
- 3 Upcoming Events
- 4 **FREE RESOURCES!**

# It's Time for Spring Cleaning!

Are you ready to quit using commercial tobacco and begin your quitting journey? With the arrival of spring, it's time to create a new routine! Let's begin!

The first step is to make a quit plan. This plan will include your quit date, letting your friends and family know you are quitting, removing all reminders of smoking, identifying your reasons to quit, identifying triggers, developing coping strategies, and celebrating quitting milestones! After you select your quit date and notify your loved ones about quitting, it's time to begin the process of cleaning and removing any reminders of smoking. These reminders include all commercial tobacco products in the house and vehicles, lighters, matches, and ashtrays. If your home or vehicle smells like cigarette smoke, it's time to begin the cleaning process. For tips to properly clean your home, [CLICK HERE](#).

**GOING SMOKEFREE MATTERS IN YOUR HOME**

There is no safe amount of secondhand smoke exposure. The home is the main place many children and adults breathe in secondhand smoke.

**What is secondhand smoke?**

It is the combination of smoke from the burning end of a cigarette and the smoke breathed out by a smoker. When a person smokes near you, you can be exposed to secondhand smoke.

**The Surgeon General concluded:**

- There is no safe level of secondhand smoke exposure.
- Cleaning the air and ventilating buildings cannot get rid of secondhand smoke.
- Secondhand smoke causes disease and early death in children and in adults who do not smoke.

**In the United States:**

- Approximately **50 million** (1 in 4) nonsmokers are exposed to secondhand smoke.
- About **2 in 5** children (including 7 in 10 black children) are exposed to secondhand smoke.
- The **home is the main place** where children and in adults who do not smoke are exposed to secondhand smoke.

**CDC** U.S. Department of Health and Human Services Centers for Disease Control and Prevention [www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)

[CLICK HERE](#) to view resource.

## 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 trunk 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.

## Tips to Keep Your Home Smokefree and Vapefree

- ◇ Let friends and family know that your home is smokefree and vapefree. 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 vapefree.

## Upcoming Events



### 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

NATIONAL TRIBAL TOBACCO CONFERENCE



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>

## 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.