

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, December 23, 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 December 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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The Gift of Clean Air

With the holiday season in full effect, many families gathering to celebrate and embrace for the new year. It is heartwarming to see and spend time with loved ones in this time of isolation. The pandemic has really put a strain on daily living and not seeing the ones we love outside our household.

Exchanging gifts is exciting as we never know what to expect, but sometimes it's hard to find the perfect gift for someone dear to you. One of the best gifts you can give yourself and others is the gift of clean air. This time of year is perfect for considering the idea to quit smoking. The most important rule to keep a home or space smoke free is asking those who smoke to take it outside. Unfortunately, with the cold winter air looming, many smokers are reluctant to smoke outdoors. People who smoke are likely to smoke near the window or entryway in order to keep warm, but doing so exposes the people around them to dangerous secondhand smoke.

A [statement](#) from the Center for Disease control confirms the link to a weakened immune system and the continued exposure of secondhand smoke. It is unfortunate that this also means that those who smoke are more likely to develop serious illnesses or diseases. With the compromised immune system there is a high likelihood of contracting COVID-19 as well, which can affect breathing and other respiratory organs. Our immune system is the key to protection from illness and diseases. During this time of caution, why not go the extra step and restore your immune system to peak health and ensure the safety of your loved ones?



Along with improving one's immune system and lessening the amount of secondhand smoke exposure, the additional benefits are just as amazing.

Benefits of quitting smoking include:

- ◇ Reduced cough and improved lung function
- ◇ Improved circulatory health
- ◇ Improved sense of smell and taste
- ◇ Decreased chance of COVID-19 illnesses
- ◇ Decreased risk of heart related diseases and illnesses
- ◇ Money is saved! Money that can be saved to treat yourself or your loved ones
- ◇ Most importantly, reduce the amount of secondhand smoke

The holiday season will come and go in the blink of an eye. In addition to the many celebrations, the new year is also on the horizon. A year with new opportunities and new chances to change things in life. For many, the end of the year is the ideal moment to take stock of the year and to make new resolutions. Why not make a resolution to quit smoking? A fresh start to begin the new year! This is the opportunity to make a list of all the reasons why it is important to quit smoking. Writing the list on paper and rereading the reasons in difficult times can serve as motivation to keep strong. Support from loved ones may be just as inspiring as well.

Free support to quit is always available from **1-800-QUIT NOW (1-800-784-8669)**, or visit www.QuitNowNM.com. You can also get support counseling from a healthcare provider and use of FDA-approved nicotine replacement therapy like nicotine patches, lozenges, or gum that can double the chances of quitting smoking. It's never too late to prioritize your health.

Message from Smoke Free Signals

As you continue to prevent secondhand smoke exposure, Smoke Free Signals would like to wish you Happy Holidays! Continue to protect yourself and loved ones from the dangers of secondhand smoke. Wash your hands and wear a mask as we continue to fight COVID-19! Be safe and see you next year!

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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