



Secondhand Smoke Protections in Tribal Communities

Mission and Core Values

To provide commercial tobacco secondhand smoke awareness and resources to New Mexico tribal communities, improving health outcomes.

Respect, Culture, Family Responsibility to Community, Humility, Health, Love, Empowerment, Sustainability, and Community

How Does COVID-19 Affect Smokers?

Prevention: Quit Smoking & Vaping

With the rising Coronavirus 2019 (COVID-19) pandemic and numerous [cases discovered in New Mexico](#), NOW is the time to quit smoking and vaping to reduce your risk of a serious lung disease.



What is COVID-19?

The COVID-19 is a viral respiratory illness that can lead to lower respiratory illnesses such as pneumonia and bronchitis.

How does COVID-19 relate to smoking and vaping?

Users who continue to smoke and vape increase their chances of developing an acute respiratory distress syndrome (ARDS), including those exposed to secondhand smoke. Further, e-cigarette users have an increased susceptibility to delayed recovery from respiratory infections. Because COVID-19 affects the body's respiratory system, it puts current smokers and vapers at a higher vulnerability risk than those who do not smoke or vape.

How to protect yourself and others?

To lower your risk from developing ARDS and COVID-19 consider quitting smoking and/or vaping TODAY. Also, if you know or have loved ones who are current users encourage them to develop a quit plan and show your full support. Visit QuitNowNM.com for free assistance quitting.

For more information about COVID-19 and smoking/vaping [click here](#).

Community Health Leader Highlight

Kevin Begay - Tooh Haltsooi Council of Naataanii Chapter

The Tooh Haltsooi Council of Naataanii Chapters Administration, Delegate Crotty, Chapter Officials, ATCM Wellness Team, and Community Health Leader Kevin Begay, have amended the Chapters Wellness Plan in January 2020 to include **100% Smoke Free and Tobacco Free events**. The Chapter also passed a **Resolution** during the month of February 2020 Supporting and Adopting the **100% Smoke/Tobacco Free Policy**, within 25 feet of all Chapter Buildings, Flea Market, Wellness Center, Senior Center and all Community Events. This resolution will be presented and a recommendation for the Northern Navajo Council for consideration to implement at all Northern Agency Chapters. Kevin noted, they are also working with their local schools to bring awareness of secondhand smoke by initiating a poster contest by the students and look forward to seeing the submissions. Overall, CHL- Kevin has helped in making his community more aware of the dangers of secondhand smoke. Further, they will be posting signs in their community this month.



Keep up the amazing policy work Kevin, Tooh Haltsooi Council of Naataanii Chapter, Delegate Crotty, Chapter Officials, and the ATCM Wellness Team!

Keres Community Health Update



Due to rising concerns and precautions with social distancing, our office will be responding accordingly to the COVID-19. At Keres, the health of our team is our top priority. We hope to maintain the health of all staff while continuing to provide support services to New Mexico communities and partners we currently work with. Listed below are changes for our program:

- Keres Community Health Team will be working remotely due to the main office being closed in response to COVID-19
- All community events, presentations, and trainings requiring travel are cancelled for the time being. We hope to reschedule all events, as schedules allow as COVID-19 dangers lessen.

Please be assured that although we will be unavailable for in-person meetings and presentations, we will be AVAILABLE via email and phone.

We thank you all for your understanding and wish you the best during this difficult time.

What now?

We encourage you to read all the articles in this and upcoming newsletters, and to share and forward these emails to people within your network to help keep everyone up to date!




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

View an archive of past newsletters [here](#). Sign up to receive future newsletters [here](#).

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