

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 26, 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 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

The Dangers of Vaping in a COVID-19 Era

3

What's In A E-Cigarette?

4

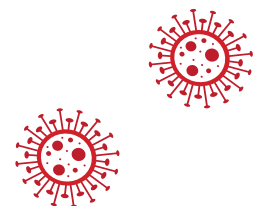
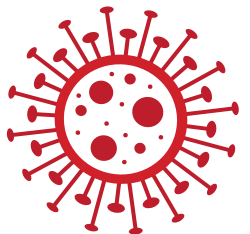
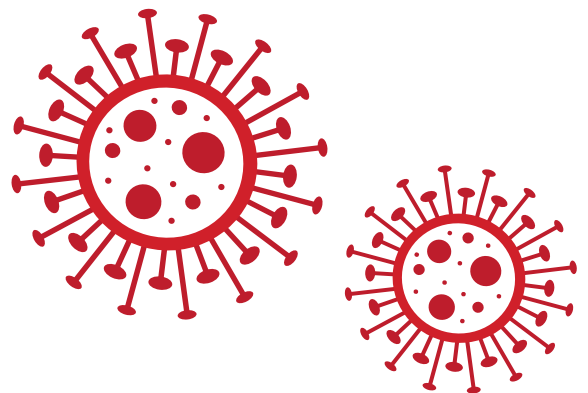
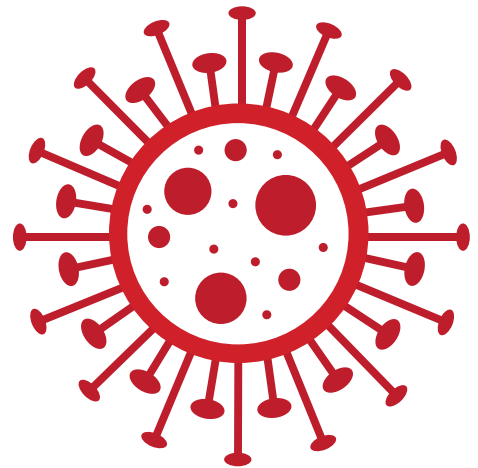
FREE RESOURCES!

The Dangers of Vaping in a COVID-19 Era

It is well known that the virus that causes COVID-19 attacks the lungs. The [CDC has warned](#) that “being a current or former cigarette smoker can make you more likely to get severely ill from COVID-19.” Though the e-cigarette industry tries to market their products as less harmful than smoking combustible cigarettes, there is now [growing evidence](#) that vaping also increases users’ risk for testing positive for COVID-19 and harming lung health.

What Can You Do?

- ◇ Ensure your home, vehicle and workplace are smoke- and vape-free.
 - Request free smoke- and vape-free signs [here](#)
- ◇ If you currently smoke or vape, seek support to quit
 - Let family and friends know of your quit attempt so they can check in with you, and create healthy environments to help beat nicotine cravings
 - 1-800-QUIT NOW and [QuitNowNM.com](#) offer free support via trained Quit Coaches and nicotine replacement therapies like gum, patches, and lozenges
 - Don’t give up – it is common to need multiple quit attempts before stopping commercial tobacco and nicotine for good



What's In A E-Cigarette?

E-cigarettes use a battery to heat up a special liquid into an aerosol that a user inhales. The aerosol is not just a harmless water vapor. There are toxic chemicals and metals that are in found in e-cigarettes. **Look for the chemicals listed below in the box.**

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

Word Bank:

ACROLEIN
BENZENE
CADIUM

CARCINOGENS
DIACETYL
FORMALDEHYDE

LEAD
NICKEL
NICOTINE

PROPYLENE GLYCOL
TIN

To learn more about these chemicals visit:

<https://www.lung.org/quit-smoking/e-cigarettes-vaping/whats-in-an-e-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**](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>

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 to be removed from the listserv directory.

Smoke Free Signals | 505-837-2104 | www.SmokeFreeSignals.com