

# 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 11, 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

With the holidays around the corner, 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.

## HIGHLIGHTS

2

Are Your Pets Exposed to Secondhand Smoke?

3

ACTIVITY: Protect Your Pets Coloring Sheet

4

Financial Benefits of Reopening Tribal Casinos Smoke-Free

5

**FREE RESOURCES!**

## Are Your Pets Exposed to Secondhand Smoke?

Pets can be an amazing component to families. For some tribal communities, pets are seen as gifts and are part of the family. It's important that families do what they can to protect their loved ones and pets from the exposure of secondhand smoke. If millions of people are exposed to smoke in their homes or vehicles, imagine how many pets are too. Just like children, indoor pets are at risk to developing diseases, such as heart disease, lung and nose cancer, and asthma.

### Why is Smoking Harmful to Your Pets?

Did you know that there are over 7,000 chemicals released from burned cigarettes? Ninety-three of these known chemicals are listed on the U.S Food and Drug Administration's list of "[\*Harmful and Potentially Harmful Constituents in Tobacco Products and Tobacco Smoke\*](#)." Some of these chemicals include: ammonia, arsenic, benzene, lead, and mercury. Children and pets are near the floor much of the time which can be dangerous for them if smoking occurs in the home due to secondhand smoke setting. Secondhand smoke, which contains hundreds of chemicals, stick to furniture, clothing, carpet, and furniture. These high-touch areas can be dangerous for your pet.

For more information visit:

<https://www.fda.gov/animal-veterinary/animal-health-literacy/be-smoke-free-and-help-your-pets-live-longer-healthier-lives>

<https://www.fda.gov/tobacco-products/rules-regulations-and-guidance/harmful-and-potentially-harmful-constituents-tobacco-products-and-tobacco-smoke-established-list>



### Prevent Pet Smoke Exposure By:

- ◇ Not smoking in your home or vehicle
- ◇ If smoking, do not let your pet lick your hands
- ◇ Clean your house regularly, to prevent nose flares in dogs
- ◇ Wash your pets frequently, to remove smoke particles in your pet's fur
- ◇ Do not leave your pet's water bowl to sit out (Nicotine particles dissolve easily in water)

## Activity: Protect Your Pets Coloring Sheet

TIP: Print and share with others to color!

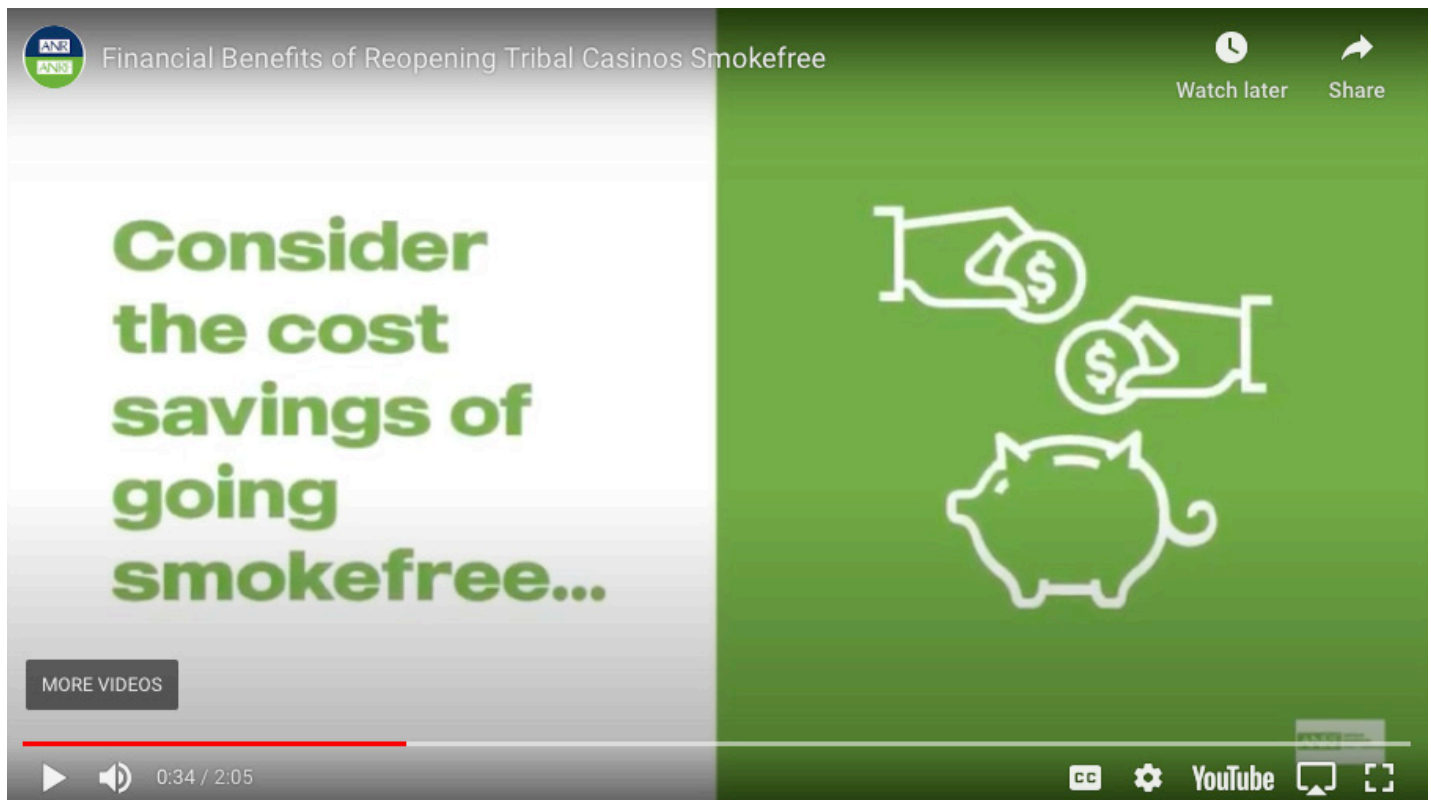


**My dog  
breathes  
too!**

## Financial Benefits of Reopening Tribal Casinos Smoke-Free

When the coronavirus pandemic concludes, people's perspective of health will likely be entirely different. The world that everyone once knew is evolving and now serves as an opportunity for prevention. With many Tribal casinos currently closed due to COVID-19, it's essential that casinos think about the health of their patrons. While reassuring guests' health, casinos have the opportunity to save money on air filter replacement, tar clean-up, and employee insurance costs by, simply, going 100% smoke-free. It's crucial for owners to start thinking about patron health safety and the casino's financial benefits.

Watch this video to learn more about the benefits of reopening casinos 100% smoke-free. The time begins now for a healthy future for patrons, employees, and business owners. To watch video, [CLICK HERE](#).



For more information visit:

<https://smokefreecasinos.org/financial-benefits-reopening-tribal-casinos-smokefree/>

# 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**

## 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)

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.

Smoke Free Signals | 505-837-2104 | [www.SmokeFreeSignals.com](http://www.SmokeFreeSignals.com)