

# 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, September 3, 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

As the autumn season gets closer, Smoke Free Signals would like to welcome you to our September 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

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**FREE RESOURCES!**

# A Child's Breath is Sacred

In many tribal communities, children are sacred. Their innocence and willingness to learn are concepts of traditional development. For centuries, Native people have protected their babies from danger and harm. Centuries ago, it was from animals and neighboring enemies. Today it's from modern dangers, such as secondhand smoke.

When adults smoke in a vehicle, they exposed their passengers to secondhand smoke. This exposure can be extremely hazardous when confined to the space of a car. Secondhand smoke can harm one's health, especially children whose small bodies take in a larger volume of air. If commercial tobacco is utilized in the car, hundreds of chemicals are released and are absorbed into the upholstery and other surfaces. Over time, these chemicals absorbed will re-emit back into the air and expose children to thirdhand smoke. There is no safe level of exposure to secondhand smoke.

## Children and Secondhand Smoke Exposure



- ◇ Babies exposed are more likely to die from sudden infant death syndrome (SIDS).
- ◇ Exposure can cause respiratory symptoms, including cough, phlegm, wheeze, and breathlessness.
- ◇ May cause increased risk of ear infections.
- ◇ Children are vulnerable to the poisons in secondhand smoke.

**For more information visit:**

<https://no-smoke.org/at-risk-places/cars/>  
<https://www.tobaccofreekids.org/assets/factsheets/0104.pdf>

# Community Health Leadership Program

The Community Health Leadership Program is seeking tribal or tribal-serving organizations to apply for this exciting opportunity! Community Health Leaders will be able to design and implement a policy action plan tailored to their community or organization, and earn \$2,500! The advocacy goal will be focused on secondhand smoke, secondhand aerosol, and commercial tobacco prevention.

**DEADLINE TO APPLY:**  
**September 30, 2020**

## BENEFITS

- ♦ Earn money towards milestones achieved
- ♦ Gain community health advocacy skills
- ♦ Access to letters of recommendations
- ♦ Opportunity to help your Native community and/or organization.



## Community Health Leadership Program

The Community Health Leadership Program is seeking tribal or tribal-serving organizations to apply for this exciting opportunity! Community Health Leaders (CHL) will be able to design and implement a policy action plan tailored to their community/ organization. The advocacy goal will be focused on secondhand smoke, secondhand aerosol, and commercial tobacco prevention.

### Benefits of being a CHL:

- Earn money towards milestones achieved
- Gain:
  - Community health advocacy skills
  - Letters of Recommendations
- Opportunity to help your Native community

### Eligibility:

- Interest with working in commercial tobacco prevention
- Motivated
- Excellent communication
- Knowledgeable about tribal/ organization's community & policy protocols

**Deadline to apply:**  
**September 30, 2020**

### More Info:

Smoke Free Signals  
smokefreesignals@gmail.com

## ELIGIBILITY

- ♦ Interest with working in commercial tobacco prevention
- ♦ Motivated
- ♦ Excellent communication
- ♦ Knowledgeable about tribal or organization's community and policy protocols.

**To access applications and for more information visit:**

<https://www.smokefreesignals.com/chlp>

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

# 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!\*\*](#)

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.

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