

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, March 19, 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 BIMONTHLY NEWSLETTER

Smoke Free Signals would like to welcome you to our March bimonthly 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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Impact of Secondhand Smoke To Tribal Communities

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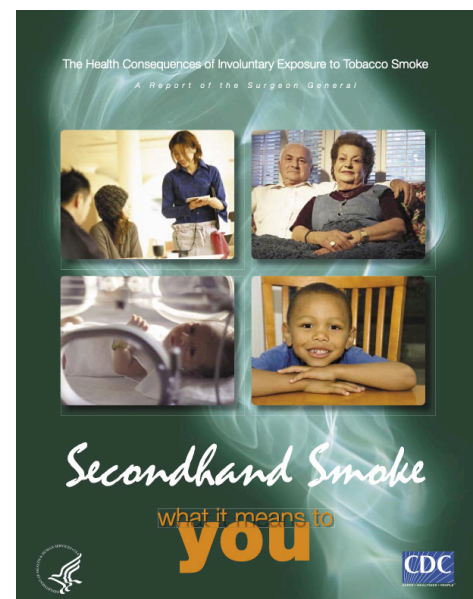
FREE RESOURCES!

Impact of Secondhand Smoke To Tribal Communities

Whether you are old, young, healthy, or sick, secondhand smoke exposure can still harm your body. There is no safe amount of exposure to secondhand smoke and breathing in a little can be very dangerous. Secondhand smoke can trigger asthma attacks and raise blood pressure within seconds. Children exposed to secondhand smoke are most likely to develop lung problems, ear infections, and severe asthma. For adults, secondhand smoke exposure can lead to heart disease, lung cancer, and stroke. Tribal communities that have casinos are at greater risk for exposing tribal members to secondhand and thirdhand smoke. It's essential that you know if you are exposed to secondhand smoke.

How Scientists Measure Secondhand Smoke Exposure:

1. How many people are smoking?
2. How many cigarettes do they smoke?
3. Time spent in room that contains smoke.
4. Levels of nicotine in the air.
5. Levels of nicotine by-products in the body.



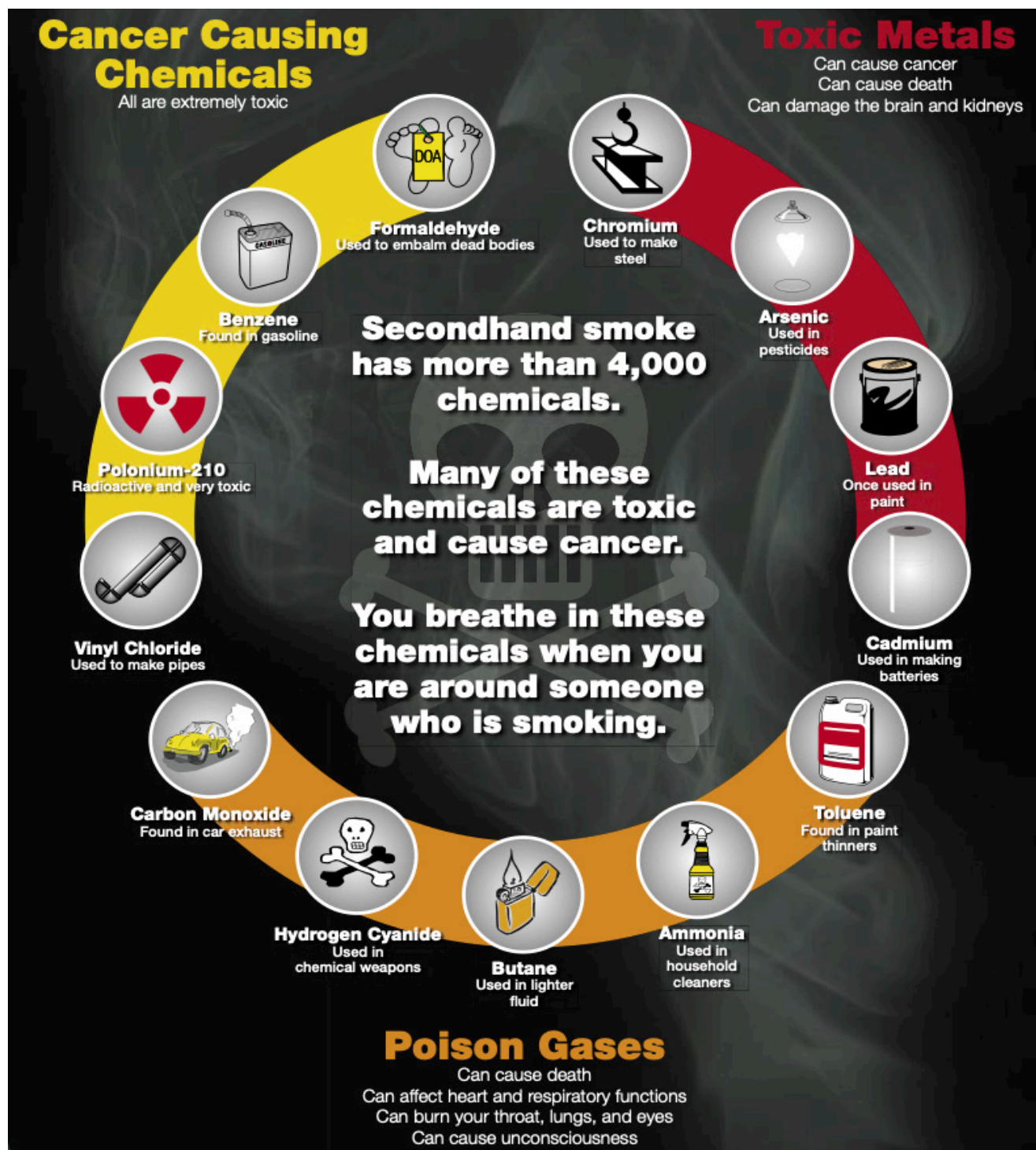
If you have been around someone who smokes, walked into a casino, have seen someone smoking, or stood by someone who recently smoked, it is most likely you have been exposed to secondhand smoke. Protect yourself from the dangers of secondhand smoke. Everyone has the right to smoke-free and vape-free air.

For more information visit:

https://www.cdc.gov/tobacco/basic_information/secondhand_smoke/index.htm

https://www.cdc.gov/tobacco/basic_information/secondhand_smoke/protect_children/pdfs/native-american-population-p.pdf

Do You Know What's In Secondhand Smoke?



For more information about secondhand smoke visit:

https://www.cdc.gov/tobacco/basic_information/secondhand_smoke/index.htm

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

FREE Resources

HIGHLIGHT: Smoke Free Signals Education Videos

Smoke Free Signals would like to announce the Secondhand Smoke and Tobacco Education Video Series. The seventh video of the series, *Reasons to Quit*, will be published TODAY on the Smoke Free Signals' website and Facebook page. Stay tuned every Friday, as a new video will be released for your learning and enjoyment experience.

Smoke Free Signals' Education videos can be viewed on the Smoke Free Signals [WEBSITE](#) or Facebook Page [@SmokeFreeSignals](#).



To watch Smoke Free Signals' Education Video visit:
<https://www.smokefreesignals.com/education-videos>

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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



**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' bimonthly newsletter, please email JConcho@keresnm.com to be removed from the listserv directory.

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