

# 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, August 7, 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 summer reaches the end of its season, Smoke Free Signals would like to welcome you to our August 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** What Elders Can Do To Prevent Secondhand Smoke

**3** COVID-19 Response Resources for Tribal Communities

**4** **FREE RESOURCES!**

Smoke Free Signals | 505-837-2014 | [www.SmokeFreeSignals.com](http://www.SmokeFreeSignals.com)

# What Elders Can Do to Prevent Secondhand Smoke in the Home

Children tend to have a great amount of respect and love for their grandparents. In many tribal communities, the elders are the keepers of tradition and knowledge. They help lead important discussions and assist in community decision making. Within these tribal communities, children learn best by their caregiver's choices and decisions. If the children's parent(s) are essential workers during this pandemic, it's important to know what elders can do to protect their grandchildren and their loved one at home. A simple action can make your home a safer place for your grandchildren and loved one to be healthy. Listed below are some excellent tips to prevent secondhand smoke exposure in the home.

## How to Keep Your Home Free of Secondhand Smoke

- ◇ Ask family members not to smoke around your grandchildren.
- ◇ Support family and friends who also want to stop smoking.
- ◇ Decide to have a smoke-free home and car. Ask family and friends to respect your decision.
- ◇ Get rid of all ashtrays in your home.
- ◇ Teach your grandchildren about the sacredness of ceremonial tobacco and to stay away from secondhand smoke.
- ◇ Encourage your teens not to smoke.
- ◇ If you smoke, quit. Ask your doctor, family, and friends to help. Call this free quitline: **1-800-QUIT-NOW** (1-800-784-8669)

**For more information visit:**

[https://www.cdc.gov/tobacco/basic\\_information/secondhand\\_smoke/protect\\_children/native-american-population/index.html](https://www.cdc.gov/tobacco/basic_information/secondhand_smoke/protect_children/native-american-population/index.html)

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## COVID-19 Materials Developed for Tribal Use

With the current coronavirus pandemic that is occurring, John Hopkins Center for American Indian Health produced numerous materials related to COVID-19 safety practices. These public service announcements and material are available for print and for tribal distribution. This important resource addresses the concern for elder mental health during COVID-19, stress and anxiety management, children and grief during COVID-19, grocery shopping safety, tribal dynamics with COVID-19, and much more. These materials can be utilized to promote the safety of all tribal members and establish a foundation for a healthy living environment.



### Tribe Specific Material

John Hopkins Center (JHC) for American Indian Health is willing to work with tribal communities to customize the COVID-19 material with your tribal names and local contact number. If interested, JHC will assist in further customization by adding your tribal logo or symbol. Contact Rose Weeks at [rweeks@jhu.edu](mailto:rweeks@jhu.edu) for additional support.

### Where Can I Post This Resource?

- ◇ Inside your home
- ◇ At your local hospital or tribal clinic
- ◇ Your child's school or headstart
- ◇ Distribute to your relatives
- ◇ Local chapter house, tribal buildings, and/or community center
- ◇ If open, the local recreation center or businesses on tribal lands

To access resource and public services announcements visit:

<https://caih.jhu.edu/news/covid19>

# 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.