



Siletz Community

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Tobacco Prevention Tips

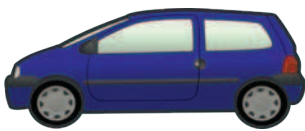


For Youth

- Outsmart tobacco company advertisers--know the facts behind their slick invitations to smoke or dip.
- Stay healthy and protect the health of your family by choosing to live smoke-free.
- Be strong--Refuse cigarettes or spit tobacco even when offered by friends or relatives.
- If you smoke or dip--Quit! Involve your family in the process by talking to them about why you're quitting and by asking for their help. Set a date and tell everyone you're quitting. Exercise to relieve stress. Stay away from situations in which you'll be tempted. If you mess up, be courageous —try again!

For Adult Relatives

- Be a good role model. Stay smoke-free and avoid giving commercial tobacco products to young people.
- Get informed about the harmful effects of smoking, dipping, and secondhand smoke so you can educate the young people in your family.
- If your tribe has a history of using traditional tobacco, teach the young people how it has been used in a good way and encourage them to respect tobacco by avoiding its non-sacred use.
- Support young people who want to quit. Go cold turkey as a family or participate in a cessation program together.



Medical Transportation

Long Distance Transports

Reference: Siletz Community Health Clinic Community Health Policy part 11B Medical Transportation §IV.

- A Long distance transportation is defined as a transport that extends out of the Lincoln county or is greater than 1-hour travel time.
- Long distance transports are provided to eligible CTSI Tribal Members when healthcare services from a local provider are not allowed by Contract Health Services or are unavailable in the area.

Eugene Area Office Service Area

Lane County	RideSource	(541)682-5566 (877)800-9899
Benton and Linn Counties	Cascades West Ride Line	(541)924-8738 (866)724-2975

Portland Area Office Service Area

Clackamas, Multnomah, and Washington Counties	Tri-County Med Link	(866)336-2906
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Salem Area Office Service Area

Marion and Polk Counties	Marion-Polk Med Link	(877)236-4026
Yamhill County	Tri-County Med Link	(866)336-2906

Siletz Area Office Service Area

Lincoln County	Cascades West Ride Line	(541)924-8738 (866)724-2975
Tillamook County	RideCare	(866)793-0439