



# Siletz Community

Find us on Facebook! Siletz Community Health Department

## The Resource Line is still here for you! 541-444-9613

Need to know your resources while you isolate or quarantine? Sanitation supplies available as well!  
We are here for you!



### Events

**Tuesdays at 5:30pm**  
Art with CARE  
Via Zoom

**October 16 at 5:30pm**  
Virtual Talking Circle  
Via Zoom

**October 21 at 5:30pm**  
Calming Scrub  
Via Zoom

**October 22 at 6pm**  
Film Screening *Sisters Rising*  
Via Zoom

**Wednesdays**  
Wear purple and win

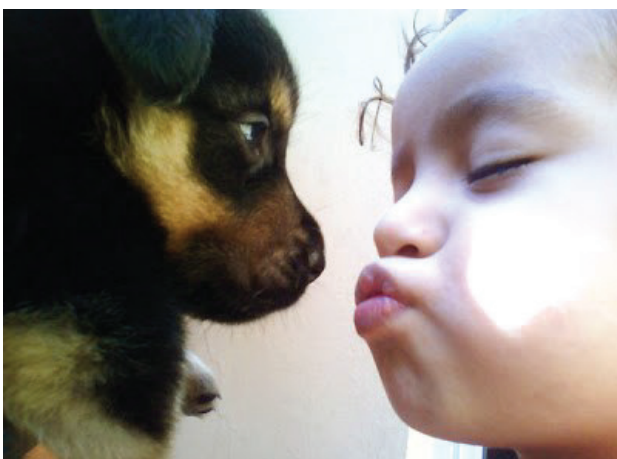
## What is Secondhand and Thirdhand Smoke?



**Secondhand smoke is the smoke that comes from the burning end of a cigarette, cigar, pipe or even an E-cigarette. It is also the smoke/vape that smokers breathe out (exhale). Even smoke/vape that is exhaled contains substances that irritate the lining of your lungs and other tissues, such as your eyes and throat. These substances cause changes that interfere with cells developing normally in your body. These changes in cells increase the risk of some cancers and other health conditions.**



### What is thirdhand smoke?



Thirdhand smoke is the invisible tobacco "dust" (or chemical) that settles in the environment and stays there even after a cigarette has been put out. Thirdhand smoke contains more than 250 chemicals. We know that children exposed to thirdhand smoke are at risk because they have higher levels of cotinine (the byproduct of nicotine) in their urine and blood. These harmful chemicals stay on your clothes, hair, carpet, toys, coat, chair, couch and every surface in your home and car.

Babies and children can be harmed because they breathe or eat the toxins when they crawl on floors, sit on car seats or cuddle adults, where toxins may have built up over time. Pets are also at risk because the toxins stay on their fur. Pets are also vulnerable to health conditions including cancers caused from secondhand smoke exposure.