



Siletz Community

Find us on Facebook! Siletz Community Health Department

EVENTS

CARE Virtual Shawl Making

Tuesday, April 5 and 12

4:00 - 6:00pm

Healing and Wellness Event

Starts April 10

Denim Day - April 27

Virtual Talking Circle

April 14

5:30pm

Virtual Book Club

Every Wednesday

At 3:30pm

For more information: 541-444-9638

SILETZ COMMUNITY HEALTH RESOURCE LINE

RESOURCE PHONE NUMBER 541-444-9613

200 GWEE SHUT ROAD, SILETZ for pick up of supplies

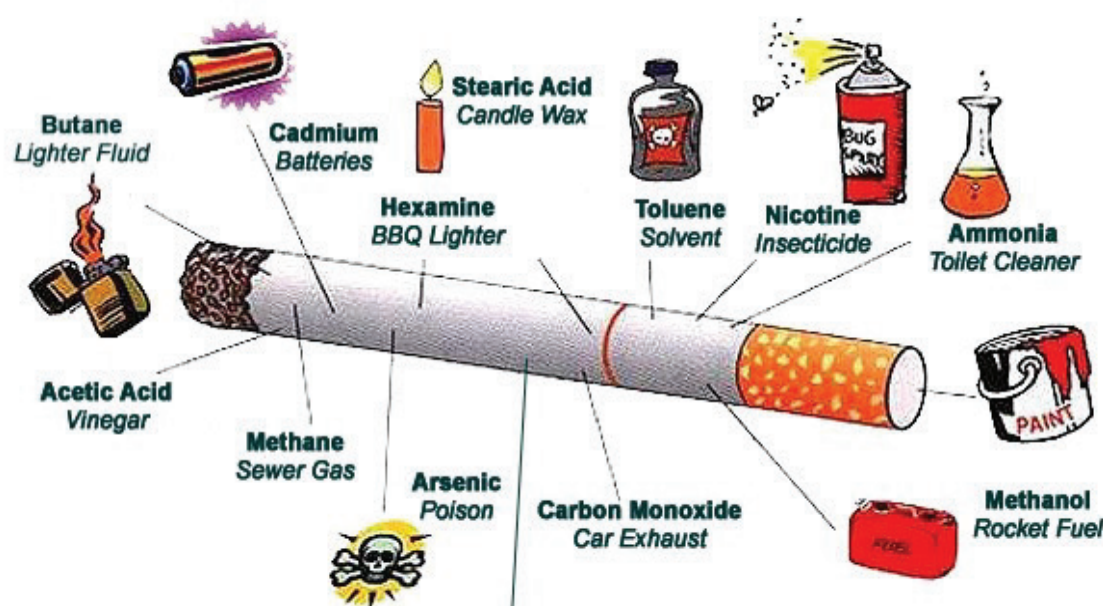
Please call the community health resource line for COVID supplies; this includes...

Masks (surgical, KN95, and N95), face shields, gloves, hand sanitizer, Clorox wipes, first aid kits, thermometers and home COVID test kits.

If you test positive, please call this number. Additional resources are available, such as pulse oximeter used to check oxygen level in COVID positive patients at higher risk of complications.



Tobacco: More than just Nicotine



Tar: includes the majority of mutagenic and carcinogenic agents in tobacco smoke

Tobacco-Related Cancers for April

Esophageal Cancer: Esophageal cancer is cancer arising from the esophagus — the food pipe that runs between the throat and the stomach. Symptoms often include difficulty in swallowing and weight loss. Other symptoms may include pain when swallowing, a hoarse voice, enlarged lymph nodes (glands) around the collarbone, a dry cough and possibly coughing up or vomiting blood.

Causes: The two main types (i.e., squamous-cell carcinoma and adenocarcinoma) have distinct sets of risk factors. Squamous-cell carcinoma is linked to lifestyle factors such as smoking and alcohol. Adenocarcinoma has been linked to the effects of long-term acid reflux. Tobacco is a risk factor for both types. Both types are more common in people over 60 years of age.

Commercial Tobacco Quitline 1-800-QUIT-NOW
AI/AN Line now available (option 7) 1-800-784-8669

comfort station

shower facilities

MONDAY 10AM-12PM

WEDNESDAY 2PM-4PM

FRIDAY 8AM-10AM

CALL: (541)444-9672
TO SCHEDULE AN APPOINTMENT



Virtual Talking Circle

The Siletz CARE Program hosts a Virtual Talking Circle on the third Thursday of each month:

April 21, 2022 - 5:30 PM

FMI: 541-444-9638

