



Siletz Community

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Health Effects of Secondhand Smoke

Secondhand smoke is the combination of smoke from the burning end of a cigarette and the smoke breathed out by smokers. Secondhand smoke contains more than 7,000 chemicals. Hundreds are toxic and about 70 can cause cancer.

Since the 1964 Surgeon General's Report, 2.5 million adults who were nonsmokers died because they breathed secondhand smoke.

There is no risk-free level of exposure to secondhand smoke.

Secondhand smoke causes numerous health problems in infants and children, including more frequent and severe asthma attacks, respiratory infections, ear infections and sudden infant death syndrome (SIDS).

- Smoking during pregnancy results in more than 1,000 infant deaths annually.
- Some of the health conditions caused by secondhand smoke in adults include coronary heart disease, stroke and lung cancer.

What can we do to help prevent secondhand smoke exposure?

Smoke outside—People who smoke inside housing units expose everyone who lives in the unit to secondhand smoke. Not only do those who live in the unit get exposed to secondhand smoke, but those who visit will also be exposed to secondhand smoke. Smoke can linger in housing units for hours until it settles and causes third-hand smoke exposure. **Let's work together and help protect the health of our people.**

Commercial Tobacco Quitline 1-800-QUIT-NOW

AI/AN Line now available (option 7) 1-800-784-8669

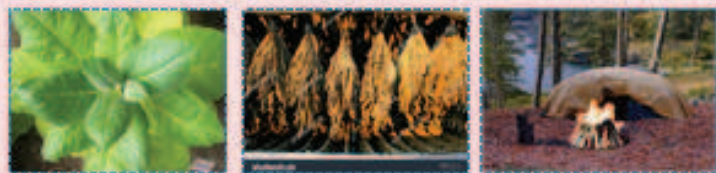
Tobacco Prevention & Education Program (TPEP)

TPEP's role is to educate and create awareness on the harmful affects of commercial tobacco products.

There are many different types of commercial tobacco products, including smoking, smokeless, and devices that are used to deliver nicotine and other harmful additives. These products cause harm in many ways.



TPEP continues to educate everyone on traditional tobacco and how it is used for ceremonial, spiritual and cultural purposes.



TPEP makes it a high priority to engage our youth about prevention and education.

TPEP provides direct services to the community and promotes resources for tobacco cessation, including smoke-free phone apps, build your own quit plan, NRTs, social media page, and quit kits for those who are interested.

Please contact the TPEP Coordinator for more information at (541)444-9682
For 1-on-1 assistance 24 hours a day call
1-800-QUIT-NOW - For AI/AN line press option 7

ATTENTION ALL SILETZ TRIBAL MEMBERS

If you are experiencing fires in your area, we encourage you to call
(541)444-9686 or (541)444-1030, 1686.

The Air Quality Index	
Index Values	AQI Category
0 - 50	Good
51 - 100	Moderate
101 - 150	Unhealthy for Sensitive Groups
151 - 200	Unhealthy
201 - 300	Very Unhealthy
301 - 500	Hazardous



When you call, staff will assist you in identifying all available resources in your area.