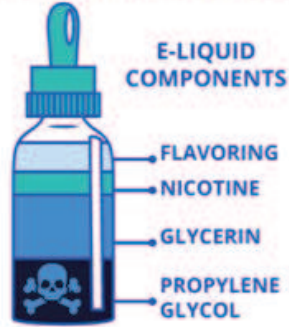


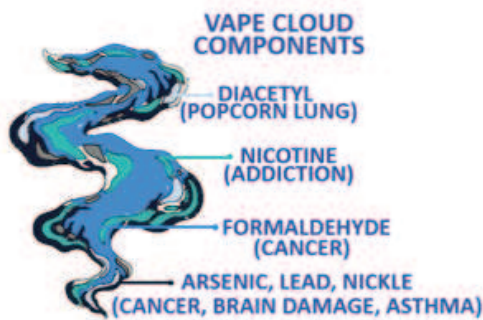
Health Department



WHAT TOBACCO COMPANIES SAY IS IN THEIR VAPE



WHAT IS REALLY GOING INTO YOUR LUNGS



Myth: Vaping produces harmless water vapor.

Fact: Vaping produces an cloud of chemicals full of ultra-fine particles that can get stuck in your lungs and cause major damage to your health.

If you'd like to know more about the resources available to you to quit commercial tobacco products, please call 541-444-9682 or send an email to AlexH@ctsi.nsn.us

The help is free, a healthier life is priceless.



Native Quit Line
1-800-quit-now and press "7"
(1-800-784-8669, Option 7)



Everyone is Welcome to join us for

CEDARR Dinner

November 1, 2023

5:30PM-7:00PM

Siletz Community Center

(Government Hill)

We will have a fun activity or two.

We'd love to see you there!

Wear your Ugly Sweater for your chance to win some amazing prizes!

If you have any questions, comments or concerns please reach out to Sheila Aviles at 541-272-9083 or email at sheilaa@ctsi.nsn.us

Fire Safety

Learn About Fires

- **Fire is FAST!** In less than 30 seconds, a small flame can turn into a major fire. It only takes minutes for thick black smoke to fill a house or for it to be engulfed in flames.
- **Fire is HOT!** Heat is more threatening than flames. Room temperatures in a fire can be 100 degrees at floor level and rise to 600 degrees at eye level. Inhaling this super-hot air will scorch your lungs and melt clothes to your skin.
- **Fire is DARK!** Fire starts bright, but quickly produces black smoke and complete darkness.
- **Fire is DEADLY!** Smoke and toxic gases kill more people than flames do. Fire produces poisonous gases that make you disoriented and drowsy.

Smoke Alarms

A working smoke alarm significantly increases your chances of surviving a deadly home fire.

- Replace batteries twice a year, unless you are using 10-year lithium batteries.
- Install smoke alarms on every level of your home, including the basement.
- Replace the entire smoke alarm unit every 10 years or according to manufacturer's instructions.
- Never disable a smoke alarm while cooking – it can be a deadly mistake.

Audible alarms are available for visually impaired people and smoke alarms with a vibrating pad or flashing light are available for the hearing impaired. For more information, go to <https://www.ready.gov/home-fires>.

ONE OF THE MOST IMPORTANT THINGS TO REMEMBER IS TO HAVE A FIRE ESCAPE PLAN. MAKE SURE ALL KIDS AND ADULTS KNOW WHERE TO MEET IF THERE IS A FIRE IN THE HOME.

