




Siletz Clinic Open Farm Days

**Every Friday and
Saturday in July
from 10 AM - 4 PM**

*Open to Tribal families! Vegetable
harvests, community volunteer
opportunities, walking trails, picnics,
flower harvesting, and more!*

 SCHC Farm Property
5213 Logsdan Rd.

July Emergency Preparedness

Grill fire safety;

- **ONLY** use propane, charcoal and wood pellet barbecue grills outside. Indoor use can cause a fire or carbon monoxide poisoning
- Open your gas grill before lighting
- Place the coals from your grill in a metal can with a lid once they have cooled
- Keep a 3-foot safe zone around your grill. This will keep kids and pets safe.

Fire pits, campfires, chimneys and outdoor fireplaces

- Build campfires at least 25 feet away from tents, shrubs and anything that can burn
- Closely watch children when the fire pit is in use
- Use a metal screen over wood-burning fires to keep sparks from floating out
- Turn off or put out all fires before leaving the backyard
- For more information on fire safety, please visit <https://www.usfa.fema.gov/prevention/outdoor-fires/index.html>



Myth: Using nicotine products like vapes, cigarettes, chew, or pouches just a few times a day isn't that bad for you.

Truth: Using these products only 1-4 times a day is still shown to double your risk of heart disease, the leading cause of death among Native Americans.

Siletz Community Health
Department



CULTURE IS PREVENTION



1-800-QUIT-NOW
AI/AN Line Now Available



Alex Lane
Community Education Coordinator
Commercial Tobacco Cessation Services
541-444-9682
Monday—Friday, 8am-2:30pm

• 1-on-1 Counseling
• Nicotine Replacement Therapy
• Creating a Personalized Quit Plan
• 24/7 Support, 1-800-QUIT-NOW
(1-800-784-8669) and Press 7