



## The San Pasqual Anti-Tobacco Disparities Project

### Smoke-Free!

Protect your loved ones from the dangers of second and thirdhand smoke caused by commercial tobacco.

### Facts:

Traditional Tobacco or Herbal blends – strictly used for ceremony, prayers, and healing.

Commercial Tobacco – used recreationally, individually, and habitually.

### BE AWARE:

Smoking doubles your risk of developing respiratory infections and develop a weakened immune system by interfering with the body's ability to fight off infections such as COVID-19. People who smoke are more likely to get sick from COVID and be admitted to an ICU, requiring respiratory ventilation and at a greater risk of death. Vaping also harms your lung health putting you at risk; when aerosol vaping devices compromise your organs at a cellular level, worsening the body's ability to fight respiratory infections.



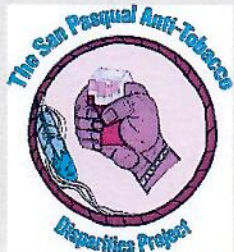
- Secondhand smoke: contains thousands of toxic chemicals and are highly additives created by smoke from lit cigarettes and exhaled form a smoker's mount and nose
- Thirdhand smoke: smoke ingrained in clothes, hair, walls, furniture, and the skin of a smoker, that lingers even after the cigarette is put out
- Exposure smoke predominantly affects young people
- There is no safe level of exposure from commercial tobacco smoke

### Traditional Tobacco is:

- Not inhaled
- Ceremonial/Sacred
- Blessed
- Simple, humble
- Social and Binding of contracts
- Not addictive
- Natural
- Deliberate, thoughtful
- Generosity, A gift
- Intentional in moderation
- Curative/Medicinal
- Used in Prayer

### Commercial Tobacco is:

- Inhaled
- Non-sacred
- Easy
- Fast, greedy
- For profit
- Addictive
- Processed
- chemical
- Disrespectful to others
- Consumptive
- Disease inducing
- Habitual
- Recreational
- Casual
- Meaningless



## New Year's Pledge to be Smoke-Free!

Increase your health during the COVID Pandemic by Pledging to live in a Smoke-Free, Tobacco-Free and Vape-Free environment and make it your 2021 New Year's Resolution!

The best way to help your love ones during COVID-19 is by staying home, washing your hands, and avoid smoking/vaping.

Request Your San Pasqual Anti-Tobacco Mask to show our commitment and support to our community support



PLEASE CONTACT:

DIANAM@SANPASQUALTRIBE

.ORG

or

MIRIAMQ@SANPASQUALTRIB

E.ORG



By taking the pledge, you are protecting your love ones by declaring:

- All areas within the home are smoke-free.
- Designating a "smoking area" outside and at a distance (ideally 25 feet away from an entrance)
- If you are a smoker; change your clothing and wash your hands and face when done.

Then e-mail Miriam Quintero at: [miriamq@sanpasqualtribe.org](mailto:miriamq@sanpasqualtribe.org) and request "Smoke-Free" window cling to be visible for family and guest.

## Resources:

- The California Smokers Helpline offer free help to stop smoking and vaping by helping you to create a personalized quitting plan by phone or chat and discuss over the counter alternatives like nicotine patches, gums, or lozenges.
- Keeping a Smoke-Free Home to protect other from secondhand smoke that could worsen lung health especially in children. If you are a nonsmoker, looking to help your loved one quit smoking/vaping you may also contact the Helpline to find out how you can help. You may be even be eligible for special offers offering free nicotine patches straight to your home.
- For more information visit [www.NoButts.org](http://www.NoButts.org) or Call 1-800-No-Butts (1-800-662-8887).
- The American Indian Commercial Tobacco Program offers free and confidential help to quit and succeed.
- For more information visit [www.aiquitline.com](http://www.aiquitline.com) or call 1-855-5AI-QUIT (1800-524-7848)



Please fill out your Smoke-Free Home Pledge postcard

16410 KUMEYAA YWAY  
VALLEY CENTER, CA 92082  
Tel 760-749-3200 Ext 5136

MIRIAMQ@SANPASQUALTRIBE.ORG

Or

DIANAM@SANPASQUALTRIBE.ORG

