



April 2019



Stable. Safe. Supportive.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
March 31	1 April Fools Day	2 Pantry 8:30am-2pm Budget Class 3pm-4pm	3 Pantry 8:30am-2pm Fresh Food Delivery 11am 2508 E. Platte Ave American Lung outreach 10am-12pm Pantry	4 Pantry 9am-2pm GNG Library Delivery Reading Lit. Kickoff with Story Time 5pm-6pm	5 First Time Home Buyers Class 9am-4pm	6
7	8	9 Pantry 8:30am-2pm	10 Pantry 8:30am-2pm Fresh Food Delivery 11am 2508 E. Platte Ave	11 Pantry 9am-2pm GNG Library Delivery Dinner Club 5:30pm	12 Budget Class 10am-11am	13
14	15	16 Pantry 8:30am-2pm Budget Class 4pm-5pm	17 Pantry 8:30am-2pm Fresh Food Delivery 11am 2508 E. Platte Ave	18 Pantry 9am-2pm GNG Library Delivery	19	20 Easter Egg Hunt TBD
21 Easter Sunday	22	23 Pantry 8:30am-2pm	24 Pantry 8:30am-2pm Fresh Food Delivery 11am 2508 E. Platte Ave	25 Pantry 9am-2pm GNG Library Delivery	26 Budget Class 10am-11am	27
28	29	30 Pantry 8:30am-2pm	May 1 Pantry 8:30am-2pm Fresh Food Delivery 11am 2508 E. Platte Ave	May 2 Pantry 9am-2pm GNG Library Delivery Garden Party 3pm-5pm	May 3	May 4





Secondhand Smoke Protect Our Kids from It!

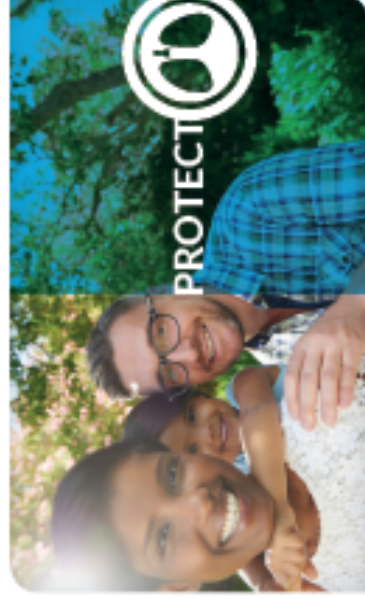
Secondhand smoke is harmful to everyone, and the only way to fully protect those you love is to eliminate smoking in all homes, workplaces, and public places. ⁽¹⁾

What is Secondhand Smoke (SHS)?

This is smoke from the burning end of tobacco products (cigarettes, cigars, pipes, etc.) and the smoke exhaled by the person smoking. ⁽¹⁾

What health effects does SHS have on children?

In children, SHS causes ear infections, bronchitis, and pneumonia. It also triggers asthma attacks and respiratory symptoms such as coughing, sneezing, and shortness of breath. ⁽²⁾



Secondhand Smoke Myths ⁽³⁾

- **Distance** – Smoking on the other side of or in a different room with closed doors and open windows does not protect kids from SHS exposure. SHS can travel through ventilation, doorways, heating and air conditioning ducts, and openings for plumbing and electrical lines.
- **Ventilation Methods** – Opening a window, turning on a fan or air purification system does not prevent SHS exposure. There is no air purification or ventilation system that can remove the extra-fine particulate matter of SHS from the air.
- **Odor** – Using odor cover-ups or scented products does not eliminate the toxic chemicals/gases from SHS or remove SHS from the air.
- **Smoking When No One is Around** – SHS settles on all surfaces and furniture which is called thirdhand smoke. So when people come over they are still being exposed to harmful toxins from smoking and vaping.

Take ONE Step to Protect Loved Ones from SHS Exposure ⁽⁴⁾

- Smoke outside, away from windows, doors and children
- Don't allow smoking at any time or place children will be present (home, car, etc.)
- Teach children how to stay away from SHS
- Model a tobacco and smokefree lifestyle
- Implement a smokefree house/property policy
- Be honest with young people about how difficult it is to quit smoking and encourage them not to start

⁽¹⁾ Centers for Disease Control and Prevention. "Secondhand Smoke (SHS) Facts." Retrieved from http://www.cdc.gov/tobacco/secondhand_smoke/about_secondhand_smoke.html

⁽²⁾ Centers for Disease Control and Prevention. "2006 Surgeon General's Report - Stay to Protect Yourself and Your Loved Ones from Secondhand Smoke." Retrieved from http://www.cdc.gov/tobacco/secondhand_smoke/about_secondhand_smoke.html



1-800-LUNGUSA | RaiseSmokeFreeKids.com