

FAMILY FUN FAIR

FRIDAY, JUNE 2ND - 11 to 3pm

Rosebud Co. Public Health Lawn, Forsyth MT

281 Nth 17th

COME ENJOY A DAY OF FUN!

THERE WILL BE VENDORS WITH HEALTH INFORMATION

AND MUCH MORE

BEST OF ALL FREE FOOD AND GAMES FOR EVERYONE

FREE FOOD



BEAN BAG TOSS



RECYCLING & REPURPOSING



GAMES:
PUTT PUTT
FOR CHILDREN
and
ADULTS &
CORN HOLE



BOUNCE HOUSE



SUMMER
READING
PROGRAM

CAR SEAT SAFETY EDUCATION
AND CHECKS



FUN FOR EVERYONE

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Family Fun Fair in
Forsyth June 2nd

The Dangers of Vaping

.35 cent tax cap on
cigars

FACT:

Secondhand Smoke
can trigger an
Asthma Attack in
Children

Mammogram Bus is
Coming to Town

Health in the 406:

Enjoy Summer in
Montana

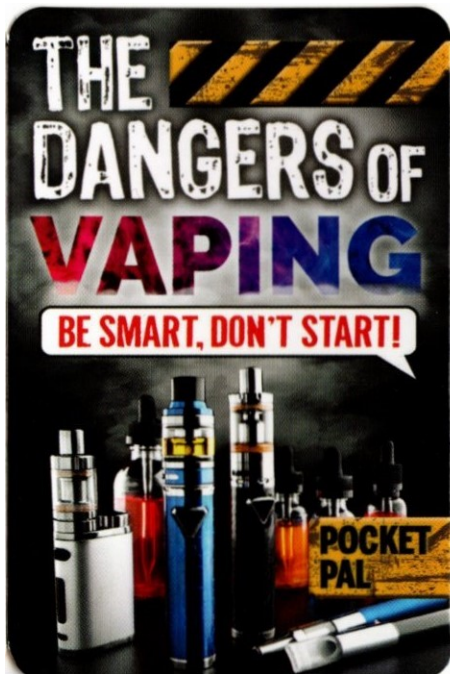
June is the Great Out-
doors month

Powder River youth
are bringing Tobacco
Awareness to the
County

Find Us On:



#TobaccoFree
#NicotineFree
#VapeFree



Just Say "No" To Vaping

Even though some think using e-cigarettes, or "vaping," is safe, many health experts disagree. The truth is, it's dangerous and can even be deadly!

Believe it or not, in the U.S., kids are more likely to use e-cigarettes than adults. Recent data shows that millions of them, including about 1 in 5 high schoolers and 1 in 20 middle schoolers, have used an e-cigarette in the past 30 days. Educate yourself about vaping by reading this Pocket Pal and learn why you should never try it.

What Is An E-Cigarette?

An e-cigarette is a device that heats a liquid cartridge and releases a vapor that people inhale.



Vaping vs. Smoking Cigarettes

Some think that vaping is healthier than smoking tobacco cigarettes. Wrong! E-cigarettes can be just as, if not more, dangerous than regular cigarettes.

Learn The Facts!

Fact 1: E-cigarettes are battery-powered and some defective batteries have caused explosions and injuries.

Fact 2: Both e-cigarettes and tobacco cigarettes are illegal for kids. That means you can get in big trouble for using them.

Fact 3: Regular cigarettes produce secondhand smoke and e-cigarettes produce secondhand vapor, both of which expose those around you to toxic chemicals that can make them sick.

Fact 4: The e-liquid in e-cigarettes contains nicotine. Some have the same amount of nicotine as a regular cigarette, or more. Learn more about nicotine on the other side.

DID YOU KNOW?
Some evidence shows that if a person starts vaping at a young age, he or she is more likely to use regular cigarettes as a grownup!

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Nicotine Is Nasty!

Nicotine is a substance found in most e-liquids and it's super addictive. Teenagers are especially at risk of becoming addicted to nicotine because their brains are still developing.

Being addicted to nicotine means your body depends on it and your mind tells you that you need it. Quitting nicotine is incredibly hard! One of the reasons why is that your body will go through withdrawal if you quit. This means that your body has to get used to not having nicotine.

What Happens With Withdrawal?

You might have...

- a strong need for nicotine.
- headaches.
- feelings of being mad or grumpy.
- trouble sleeping or you'll be too sleepy.
- a hard time focusing.

DID YOU KNOW?
Nicotine use when you are young puts you at higher risk for being addicted to drugs when you get older.

What Other Substances Are In E-Cigarettes?

Nicotine isn't the only bad ingredient in e-liquid. There are other scary substances in e-cigarettes that can hurt you and even cause serious diseases, such as cancer. Check out the list below to learn what some of them are.

SCARY SUBSTANCE	ALSO FOUND IN...
LEAD	Old paint
TIN	Roofing material
NICKEL	Coins
BENZENE	Car exhaust

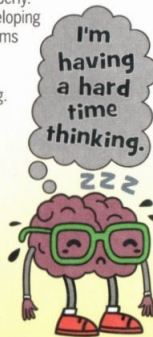
Vaping vs. Your Health

Vaping does not put you on the path to a happy future. Because e-cigarettes harm your lungs, using them makes it harder for you to participate in activities that need a lot of lung power, such as running, swimming, and playing basketball.

Plus, the nicotine from e-cigarettes makes it harder for your brain to develop properly. (Your brain doesn't stop developing until you're 25!) Nicotine harms the part of your brain that controls attention span, impulses, mood, and learning.

DID YOU KNOW?
Liquid nicotine is poisonous—just one teaspoon of it can kill a child!

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What If Someone Offers You An E-Cigarette?

Always say "No!" if someone offers you one. Remember, people who care about you would never offer you an e-cigarette. They would want you to make healthy decisions!

NO WAY!

NO!

YOU'RE CRAZY!

What If You Already Vape?

Even though e-cigarettes are unhealthy, some kids still decide to use them. If you do use them...

- Quit now! If you need help quitting, talk to your parent, caregiver, or an adult you trust at school or in your community.
- Avoid using friends, family, or online dealers to get a vaping device.
- Do not modify or add any substances to a vaping device not intended by the manufacturer.



Montana Governor Greg Gianforte signed Senate Bill 122 into law on Tuesday, which calls for a 35 cent tax cap on the sale of premium cigars. Sponsored by Montana Sen. Greg Hertz, SB 122 represents a major victory for cigar smokers and retailers in Big Sky Country as the previous tax rate on premium cigars was 50 percent of the wholesale price. The new law will go into effect on July 1.

For the full story go to [Montana Governor Signs 35 Cent Tax Cap On Cigars Into Law | Cigar Aficionado](#)

FACT:

Secondhand smoke can trigger an asthma attack in a child. Children with asthma who are around secondhand smoke have worse and frequent asthma attacks. More than 40 percent of children who go to the emergency room for asthma live with smokers. Children whose parents smoke around them get more ear infections. They have fluid in their ears more often.



Mammogram Bus is Coming to Town

The Yellowstone Mobile Mammography bus will be in the following towns to provide mammograms for breast cancer screening:

June 2023

June 6 – Lame Deer

June 13 – Lewistown Medical

June 20 – Lame Deer

June 27 – Ekalaka

June 29 – Lodge Grass

June 9 – Forsyth Rosebud Healthcare

June 14 – Crow Agency

June 26 – Roundup

June 28 – Crow Agency

Call Yellowstone Breast Center to schedule a mammogram @ 406-237-4373

FREE MAMMOGRAM

No Insurance or can't afford a mammogram?
Montana Cancer Control Program is here to help.



FREE mammograms available through Montana Cancer Control Program funding for income eligible women.

2023 Income Guidelines

1 person in home \$36,450

2 people in home \$49,300

3 people in home \$62,150

4 people in home \$75,000

Please contact the MCCP Representative in your area:

Ashland, Lame Deer, Crow Agency, Ashland, Lodge Grass and Hardin

Chanda Richards email: chanda.richards@onechc.org or call 406-867-8700

Forsyth, Colstrip, Hysham, Miles City, Ekalaka, Jordan, Broadus

Melanie Frame email: melanie.frame@onechc.org or call 406-874-8705

Judith Basin, Petroleum, Musselshell, Golden Valley, & Wheatland Counties

Tammy Jo Douglass email: tammy.douglass@onechc.org or call 406-535-3983

MONTANA TOBACCO



QuitNowMontana.com



MONTANA
TOBACCO USE
PREVENTION PROGRAM

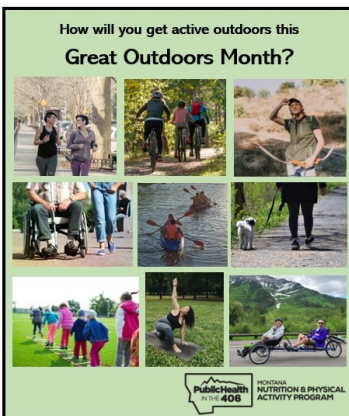
Health IN THE 406

Enjoy Summer in Montana

Spending time outside is a great way to be physically active, reduce stress, and get vitamin D. You can work and play outside without raising your skin cancer risk by [protecting your skin](#) from the sun.

If you [work outdoors](#), use sun protection at your job, like wearing sun-protective clothing and using broad spectrum sunscreen with at least SPF 15 on exposed skin.

The [UV Index](#) forecasts the strength of UV rays each day. If the UV index is 3 or higher in your area, protect your skin from too much exposure to the sun.



Hiking, walking, rolling, cycling, and swimming are great ways to get active outdoors. During Great Outdoors Month, you can add physical activity into your daily routine and enjoy the outdoors while you're at it! Learn how to overcome what's standing in your way <https://bit.ly/2ahfH2J>

CDPHP social media can be shared from [HIT406Facebook](#)



Powder River County Tobacco Awareness and SADD (Students Against Drunk Driving) participated in a community clean up and placed our pin wheels that represent the 1,600 Montana's who have lost their lives due to a tobacco related disease a year.

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Past and Current Newsletters are on the website for viewing.

Visit us on the we at treasurecountyhealth.com



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Logo's are linked to webpages

Healthy People. Healthy Communities.

MONTANA
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